



## latest news

### **SUMMER SAFETY TIPS (con't from June newsletter page 2)**

#### **People –**

##### **Hats/Sunscreen/Sunglasses**

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather. Why? Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common of all cancers.

Skin cancer is on the rise in the U.S. and is the most common form of cancer in the U.S. In 2018, there were an estimated 1.3 million people living with melanoma of the skin in the U.S. About 4.3 million people are treated for basal cell cancer and squamous cell skin cancer in the U.S. every year, according to a report from the Office of the Surgeon General.

Spending time in the sun increases your risk of skin cancer and early skin aging. People of all skin colors are at risk for this damage. You can reduce your risk by:

- Limiting your time in the sun, especially between 2 p.m. and 6 p.m., when the sun's rays are most intense.
- Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats.
- Using broad spectrum sunscreens with a SPF value of 15 or higher regularly and as directed, even on cloudy days.
- Reading the label to ensure you use your sunscreen correctly.
- Consulting a health care professional before applying sunscreen to infants younger than 6 months.
- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, and feet.
- Reapply at least every two hours. Apply more often if you're swimming or sweating.

- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- No sunscreen completely blocks UV radiation.
- No sunscreen is waterproof.

Learn more at [fda.gov](https://www.fda.gov).

## **Walkability**

Trips more than a few blocks long should include wearing comfortable shoes and hats, bringing along water to stay hydrated and keeping your eyes on the path.

Balcones Heights city council considers sidewalk improvements and pedestrian safety among their top priorities. Though we cannot instantly make all the needed changes, walking infrastructure is considered and improved with many of the city infrastructure projects. Pleasant Drive will undergo complete reconstruction beginning this summer. Five-foot-wide ADA sidewalks will replace the existing narrower sidewalks. A Park Master Plan is in the works and a linear trail connecting Rogiers Park and Novak Park is included in the preliminary discussions as a possible improvement. A shout out to TXDOT for the sidewalk improvements on Fredericksburg Road!

## **Pets –**

### **Microchipping Pets**

On February 28, 2022, the City Council voted to stop the annual registration of pets residing within the city and adopted a policy requiring microchipping of pets. Pet owners are still required to maintain up to date rabies vaccinations for pets but are no longer required to annually provide to the city the vaccination records and registration fee. If your pet is not microchipped contact your veterinary provider for microchipping.

### **Fence Inspection**

Inspect any gates leading to your yard and walk along your fence line to check for open areas that could entice a pet to escape.

Keeping gate and fences in proper working order ensures pet safety and also keeps unwanted guests in your yard.

## **Hydration**

Keep pets groomed (not shaved) during summer months. Fur provides better circulation that helps regulate body temperature.

## **Property -**

### **Lawn Care**

Chopped-up leaves and grass will decompose creating a moisture barrier reducing the need to water as frequently and reduces the amount and frequency of fertilizer applications needed to keep lawns green and healthy.