

NEWS RELEASE

June 30th, 2021

For Immediate Release

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Pool Cool Resumes in Southwest Nebraska

Pool Cool is returning to Southwest Nebraska Public Health Department (SWNPHD) after being put on hold several years ago. This program works with swimming pool staff to provide education about skin cancer and ways to prevent it.

Skin cancer is the most common form of cancer found in the United States; it accounts for nearly 1.3 million new cases of cancer each year. As the heat starts to bring the kids out of the house and into the pool, SWNPHD encourages residents to remember taking action to protect their skin now will help prevent skin cancer in the future.

“What does sun protection look like? Most would think adding some sunscreen a couple times a day is enough, and even though it is a good start there are few more things we can all do to protect ourselves from the sun,” states Maria Beasley, Program Manager with SWNPHD.

Stay Safe in the Sun

- Use sunscreen that has the proper sun protection factor (SPF) and reapply it every 2 hours.
- Wear coverings when outside such as hats, long sleeves, or pants.
- Seek shade.
- Avoid staying outside during the peak sun hours of 10 am to 4 pm.

SWNPHD will be visiting area swimming pools to increase awareness of sun protection practices with pool staff and pool users. SWNPHD will provide signage for the pools that can be used to educate swimmers and act as a reminder. Beasley added “We will also be providing sunscreen so if someone forgets to apply before arriving to the pool, they will have some readily available. Using the Pool Cool program that the National Cancer Institute has made available for area pools is a great tool to help educate all swimmers and pool employees on sun safety and preventing skin cancer.”

SWNPHD is located at 404 West 10th Street – one block north of Arby’s in McCook. You can also follow us on Facebook, Instagram, and Twitter. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties.

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