



WELLNESS TIPS

# SUN SAFETY TIPS



## TIPS TO PROTECT YOUR SKIN IN THE SUN

*July often has temperatures of over 86°F across the country. Too much heat can be harmful to your health, and cause heat-related illnesses like sunstroke, heat rash, and dehydration.*

*However, if you know what to look for, heat related illnesses are preventable and can be avoided.*

*Practice smart sun safety this summer and beat the heat so you can enjoy the warmer weather!*

**Keep Track of Time** When it comes to time of day, the sun's rays are strongest between 11 am and 3 pm. If you're out and about during this time be extra wary, especially if you are with toddlers and children. It's also important to check the UV Index, as anything higher than 3 requires extra caution. If you are outdoors during that time, try to find some shady spots or have an umbrella handy.

**Drink Cool Liquids** If sunny days are also hot and humid, stay cool and hydrated to avoid any heat related illnesses. Water, juices, and sports drinks are great choices, but avoid caffeine and alcohol. They can cause dehydration, which stops your body from regulating its temperature.

**Dress For Success** Hats with wide brims, sunglasses with UV protection, and clothing made with breathable fabrics are all great choices for summer fun. Don't forget the best accessory of all sunscreen! Use more than you think you need, and always reapply throughout the day (especially if swimming).

**Take a Break** Whether you are hiking, swimming, playing sports or just outside, it's important to take breaks from the sun. Heat cramps can occur during heavy exercise, which leads to muscle pains or spasms. If this happens, you should stop physical activity and move to a cool place until the pain subsides. Taking regular breaks during activity is a great way to prevent heat cramps, and a great excuse to stop for ice cream!

**Know The Signs of Heat Illness** It's important to monitor how you or the ones around you are feeling in the sun. Some common signs of heat-related illness include dizziness or fainting, rapid breathing and heartbeat, nausea or vomiting, and changes in behavior (especially for small children). If you or those around you are experiencing these symptoms, it's best to move to a cool place and sip water. If symptoms continue and/or get worse, seek medical help right away.