

SAFETY TIPS UNDER THE SUN

Summer is here. It's time to enjoy some outdoor fun and the warmth of the sun. The two most important things to keep in mind are: not getting overheated and sunburn. Overexposure to the sun can cause problems such as eye damage, sunburn, premature aging of the skin, skin cancer, and heatstroke. Here's how to protect yourself from the damaging effects of the sun.

1. Avoid outdoor activities between 11 a.m. to 2 p.m. when ultra-violet (UV) rays are most intense.
2. Apply sunscreen with a Sun Protection Factor (SPF) of at least 15. Apply the sunscreen at least 30 minutes before exposure to the sun to allow penetration into the skin. Apply frequently and liberally. Protect extra sensitive areas like your nose and lips. Select a water-resistant or waterproof sunscreen if you perspire a lot or engage in water activities.
3. Wear sunglasses that are labeled with UV absorption of at least 90 percent.
4. Drink water frequently to keep your body from overheating. Don't wait until you feel thirsty. Avoid alcohol and coffee, which can cause your body to lose water.
5. Wear lightweight clothing such as cotton. Wear light colors as dark colors can make you too hot.
6. Wear a hat that protects the top of your head and your eyes.
7. Children should wear UV protective sunglasses and a hat. Remember to put sunscreen on the back of the neck, arms, legs and behind the knees. Keep away from the eyes.
8. Avoid prolonged exposure to the sun or prolonged exercise under the sun especially when both temperature and humidity are high.
9. You can get sunburn even on a cloudy day during the summer so protect your skin and your eyes.