



HAVE SAFE FUN IN THE SUMMER SUN

There are tremendous health benefits to being outdoors during the summer months, from soaking up some vitamin D that the sun provides to the beneficial low-impact exercise you can get in a pool. However, there also are some dangers to consider. With just a little knowledge and planning, you can have safe fun in the summer sun!

PROTECT YOURSELF FROM THE RAYS

As millions flock outdoors, it's important to remember that skin cancer is the most common form of cancer in the United States, with one in five people diagnosed with it. Fortunately, there are simple ways to reduce your risks of developing skin cancer.

Seek Shade – The most effective way to reduce your exposure to damaging UV rays is to avoid direct sunlight for prolonged periods of time. This is especially important between the hours of 10 a.m. – 4 p.m. when the sun's rays are strongest.

Wear Protective Clothing – Clothing can go a long way toward protecting your skin from the sun. Long-sleeved shirts and long pants offer the most protection. Dark colored clothing and tightly woven fabrics also are effective. Many clothing manufacturers offer lines that have a UV protection factor (UPF) value listed, which generally runs from 15 to 50+. The higher the UPF, the greater the protection. And don't forget your hat with a 2- to 3-inch brim all the way around!

Use Sunscreen – Thirty minutes before going outdoors, apply sunscreen that's rated at least SPF (sun protection factor) 15 or higher. It's important to note that higher SPF values don't mean you can remain in the sun longer. Also, choose a broad-spectrum sunscreen so you'll be protected from both UVA and UVB rays. Even if your sunscreen is labeled "waterproof" or "sweatproof," you must still reapply it about every hour, especially when you're wet.

Wear Sunglasses – It's equally important to protect your eyes and the delicate skin around them with sunglasses. The ideal shades should block 99% to 100% of UVA and UVB rays. Labels that say "UV absorption up to 400 nm" or "Meets ANSI UV Requirements" mean the glasses block at least 99% of UV rays. Avoid sunglasses that are labeled "cosmetic" since they generally block only 70% of UV rays. And if there is no label, assume there's no protection.

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LEARN TO SWIM

There's nothing better than cooling off in a pool during the hot summer months. However, drowning is a leading cause of death for children. Never leave a child unattended in or near a pool.

According to the American Red Cross, below are the five basic skills needed to save your life in the water.

1 Step or jump into the water over your head.	2 Return to the surface and float or tread water for one minute.	3 Turn around in a full circle and find an exit.	4 Swim 25 yards to the exit without stopping.	5 Exit from the water. If in a pool, be able to exit without using a ladder.
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To find a swimming class near you, visit [redcross.org/take-a-class](https://www.redcross.org/take-a-class).

AVOID HEAT EXHAUSTION

Heat exhaustion can affect anyone, but especially young children, the elderly and anyone who is already sick.

Symptoms of heat exhaustion can include:

- ☀️ Dizziness
- ☀️ Headache
- ☀️ Heavy sweating
- ☀️ Muscle cramps
- ☀️ Paleness
- ☀️ Tiredness
- ☀️ Upset stomach/vomiting and fainting
- ☀️ Weakness

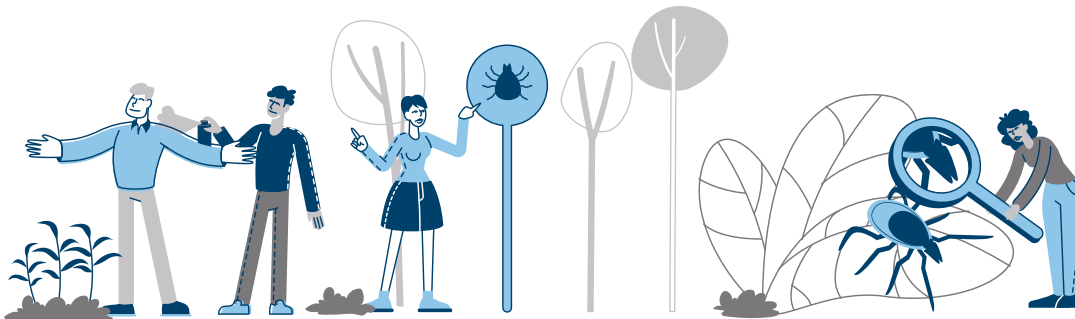
In severe cases, it can lead to heat stroke, causing liver and kidney failure.

If heat exhaustion is suspected, immediately move the person to a shaded or indoor area and hydrate with cool, non-alcoholic beverages. Also try a cool (not cold) bath. If symptoms are severe or persist for more than an hour, seek immediate medical attention.

PREVENT TICK BITES

Exposure to ticks can occur year-round, but are most common during the warmer months—typically April through September. If you'll be outdoors around grassy or wooded areas, it's important to reduce your exposure to ticks because they can transmit Lyme Disease, Rocky Mountain spotted fever and ehrlichiosis (an illness caused by bacteria).

There are a few things you can do to protect yourself from ticks, like treating clothing and gear with products containing 0.5% permethrin; using an insect repellent that contains ingredients like DEET, picaridin or Oil of Lemon Eucalyptus (OLE); tucking your pant legs inside of boots; and remaining in the center of walking trails. Before going indoors, fully examine your clothing. It's always a good idea to shower within two hours after being outdoors, fully examining every part of your body for the tiny pests. Don't forget to check under your arms, in and around the knees and throughout your hair.



There's no better time to reconnect with family and friends than enjoying the summer months together. But before you head out, keep these important precautions in mind to stay safe.