

Well-Being Tips: Summer Safety

Summer is here and so is the sun and warm weather. This summer, make sure your family and friends are safe by reading and considering these safety tips:

Staying Active in the Summer

- Drink plenty of water
- Take breaks from activities
- Limit strenuous activity during the hottest times of day
- Wear light-colored, breathable clothes
- Watch for signs of heat exhaustion: nausea, dizziness, cramps, and headache
 - If you notice these, stop your activity, cool off, and drink fluids

Sun Safety

The sun's UV rays can be damaging to our skin, and sun exposure is one of the leading causes of skin cancer. Keep yourself and family safe by considering the following:

- 10:00am-3:00pm are the most dangerous times to be in the sun
- Applying sunscreen 30 minutes prior to exposure is best
- Up to 80% of UV radiation comes through cloud cover
- Skin damage begins as soon as the skin is exposed to the sun (not just with sunburn)
- Never use sunlamps, tanning booths, tanning pills, or sun accelerators

Eye Damage

The sun's UV rays not only burn your skin, but they can also damage your eyes. The sun's ultraviolet B (UVB) rays can burn the cornea (surface) of your eye. This can cause pain, redness, swollen eyelids, headache, a feeling of grit in the eye, and hazy vision.

The best protection for your eyes is wearing sunglasses that block UV light. It is especially important if you are on the water or in other bright conditions. (Note: it's not only summer weather that causes bright conditions that can be harmful for your eyes. Ice fishing or looking at snow on a sunny day can also threaten your eye safety.)