







SUN SAFETY

JULY 2025

Exposure to ultraviolet (UV) light is a major risk factor for developing skin cancer. Eye damage and early skin aging are also caused by UV light. The best way to decrease risk is to practice sun protection. Protecting from the sun includes:

-  During the part of the day when the sun's rays are strongest, 10am-4pm, avoid spending time in direct sunlight. Try to stay in the shade as much as possible.
-  If you have to be in the sun, cover as much skin as you can with lightweight, breathable clothing and wear a hat with a brim. The brim should be as wide as possible.
-  Remember to protect your eyes. Look for sunglasses labeled to block both UVA/UVB rays with 99% UV filtering.
-  Use a sunscreen made to block UVA/UVB rays that is at least SPF of 30. Put on about 1 ounce of the sunscreen and apply 30 minutes before you'll be in the sun. Reapply every 2 hours, and after swimming, heavy sweating or toweling off. If you use spray sunscreen, you still have to rub it in to get full protection from it.
-  Don't forget your lips, as they can burn too. Use a lip balm with SPF before you go in the sun and reapply throughout the day.
-  Help young children apply their sunscreen, so no areas are missed.

▶ ULTRAVIOLET EXPOSURE

- In the Sun**– Exposure is increased around water and other reflective surfaces like sand and light colored concrete.
- Tanning Beds**– These are all UV based and cause all the same UV risks as the sun. Avoid using them unless told to do so by medical provider.
- Snow**– Don't forget follow the same sun safety steps in the winter as in the summer. You can get burned in the winter and it reflects just like sand or other light surfaces.
- Salon UV Lamps**– These can cause skin cancer of hands and feet.



▶ DEHYDRATION

Dehydration happens when you have more water leaving your body than going into it. It can be caused by sweating, throwing up or having diarrhea. In the summer, working or exercising in the heat and sun is the most common way to become dehydrated.

Heat Exhaustion– Body is overheating. Treat this immediately– get out of sun and go somewhere cool.

Symptoms– Muscle cramps, nausea, feeling dizzy, skin feels cold/chills start, headache, heartbeat slows down or gets weak.

Heat Stroke– Dangerously high body temperature. Get to a hospital immediately!

Symptoms– Sweating stops and skin gets dry, confusion, skin color can get bright red, heart beat races.



▶ TIPS TO HELP PREVENT DEHYDRATION IN THE HEAT:

- Drink water and electrolyte drinks (Body Armor, Gatorade, etc.) before you get thirsty. Once you feel thirsty, dehydration as already started.
- Keep a filled water bottle with you all the time and sip from it all day. You can flavor the water if it helps it taste better to you. Try adding a piece of fruit such as lemon or lime.
- Talk to your doctor/nurse practitioner to help determine how much water you should drink daily. Typically, 6-8 eight-ounce glasses per day is recommended.
- Eat light meals including fruits which are high in water.
- Caffeine increases water output and can add to dehydration so limit coffee, tea, and other drinks that contain caffeine.
- Try to minimize outdoor activities in the hottest part of the day. If you are going outside in the heat, bring a water bottle with you, wear light colored cotton clothing/hats, and try to stay in the shade.

