

June 2010



SAFETY TIP OF THE MONTH

SUMMER SUN SAFETY

How many of you love the warm summer sun? Many of us do and the sun's rays make us feel good. At least in the short term, but if we get sun burnt that can be another story as serious problems can occur, some now, some later.

Everyone's skin and eyes can be affected by the sun. To what degree depends on the person and individual characteristics such as the following:

- Light vs. dark skinned
- Have fair skin
- Have blond, red or light brown hair
- Have freckles and burn before tanning

Now these factors may not fit everyone, it's not an easy way to determine who's going to burn or be more likely to get skin cancer. That's why it's important for everyone to take steps to keep themselves protected when they are out in the sun. Yes, we all need some sun exposure, but it really takes very little to meet out vitamin D requirements.

Therefore, it's important to take the proper steps to



Make sure to reapply sunscreen every 2 hours with long-term exposure to the sun.

protect yourself from the sun by following these tips to help prevent sun-related skin problems:

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater every 2-3 hours while in the sun
 - Wear sunglasses with total UV protection
 - Wear wide-brimmed hats, long sleeved shirts and pants
 - Avoid direct sun as much as possible during peak hours of 10:00 a.m. to 4:00 p.m.
 - Avoid tanning beds
- Be especially careful in the sun if you are taking certain medications. like oral birth

control or certain diabetic medications; have certain illnesses like lupus; or have had an organ transplant.

If you suspect you have spent too much time in the sun and may have sun poisoning, watch for:

- Extreme pain;
- Vomiting;
- Fever (over 102-104 degrees);
- Skin looking infected;
- Delirium (confusion);
- Diarrhea;

Don't take chances and head to an emergency room.

Special Points of Interest

- [Sunburn Instruction Sheet](#)
- [Heat Exhaustion and Heat Stroke Instruction Sheet](#)
- [Sun Safety Quiz](#)
- [Skin Conditions & Sun Safety Tips](#)
- [Sun Over-Exposure Facts](#)
- [Action Steps for Sun Safety](#)
- [The Effects of Sun Exposure](#)
- [Sun Poisoning Symptoms](#)
- [Health Central - Sunscreen](#)

