



HOW TO PROTECT YOURSELF DURING THE SUMMER

Summer is fast approaching!

Here are some tips on how to protect yourself and your family:

#1. Cover Up! The best defense against harmful ultraviolet radiation exposure is to cover up. Wear a hat, sunglasses, and cotton clothing with a tight weave.



#2. Sunscreen. On both sunny and cloudy days, use a sunscreen with an SPF of 15 or higher, which will help protect you from UVA and UVB rays. Also, make sure that you apply enough sunscreen. It is suggested you apply about one ounce per sitting for a young adult.

#3. Hydration. Make sure that you drink plenty of water while out in the sun. You need to replace the water you lose when sweating or you could suffer from heatstroke or dehydration.



#4. Loose-fitting clothes. This helps the air to circulate, while tight fitting clothes causes your body to heat up.



#5. Sunglasses. High levels of UV ray exposure to your eyes can cause vision problems later in life.



#6. Eating outdoors. Food should not sit out longer than 2 hours to avoid bacteria from growing. If the temperature is over 90 degrees, food should not sit out longer than an hour.

#7. Bug spray. Apply repellent to hands and rub on the face. Tick bites are itchy and cause the spread of serious infections, such as Lyme disease. Always check for ticks after being in or near wooded areas.

#8. Exercise. The morning and evening hours are the best time for getting outside to exercise, which is when it is coolest. Remember to stay hydrated.



#9. Pool safety. Children should never be left unsupervised in or near a pool.

#10. Yard work. While mowing, keep small children out of the yard. You should never carry a child on the mower. Also, be careful around sloping. If using a walk-behind mower, mow across the slope. If using a ride-on mower, drive up and down it, not across.



Have fun this summer!

