

Tips for Beating the Summer Sun and Heat



Spending time in the sun can be a lot of fun, but there are some risks to being outside during the warmest months of the year. The following tips can help ensure a fun and safe summer:

Hot Weather

Stay safe while out in the heat by:

- Drinking plenty of water, even if you do not feel thirsty.
- Taking frequent breaks from activity.
- Taking extra caution with babies, young children and elders.
- Reducing your activity level until your body adjusts to the warmer weather.
- Limiting strenuous activity to the morning and evening hours.
- Wearing light colored clothing and eye protection.

Sun Safety

Take these steps to minimize the damage caused by ultraviolet (UV) radiation.

- Avoid exposure when the sun is hottest: from 10 a.m. to 2 p.m.
- Use a sun block lotion with an SPF of 30 or higher.
- Use broad-spectrum sun blocks, which block UV-A and UV-B radiation.
- Reapply sun block after you have been swimming and every two to three hours that you are outdoors.
- Wear long sleeves and hats when possible.

Eye Damage

The same UV rays that can damage your skin can harm your eyes, putting you at risk later in life for cataracts and age-related macular degeneration. To reduce your risk:

- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.
- Wear a wide-brimmed hat. It can also protect the skin on your face.
- Stay inside during peak sun hours, 10 a.m. to 2 p.m., to avoid the strongest levels of UV light.
- Protect your children's eyes with hats and sunglasses.

