

# Better You Summer Safety

Summer is a great time to have some fun outdoors. Here are some tips to help you stay healthy in the sun, water and heat.

## Sun Safety

- Drink lots of water to stay hydrated
- Use broad spectrum sunscreen SPF 15 and higher
- Use at least a shot glass full of sunscreen and apply generously
- Reapply sunscreen every two hours
- Protect your skin by wearing a hat, sunglasses and protective clothing, and take shade breaks

## Recreational/Sports Safety

- Know your limits
- Wear protective gear (shin guards, helmet, etc.)

- Warm up before you begin physical activity

## Water Safety

- Wear a life jacket
- Know how to swim
- Supervise children while they swim
- Learn how to perform CPR

## Bites and Stings

- Wear insect repellent
- Drain any standing water that has accumulated in your yard
- Wear a long sleeve T-shirt and pants to cover up your skin



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## Types and Symptoms of Heat Illnesses

- **Dehydration** - Headaches, fatigue, increased thirst, less urine output, and/or dry mouth.
- **Heat Cramps** - Cramps in limbs and/or stomach, excessive sweating, thirst.
- **Heat Exhaustion** - Headaches, weakness, dizziness, loss of appetite, nausea, chills, rapid breathing, tingling of hands and feet, confusion.
- **Heat Stroke** - hot and dry skin, weakness, dizziness, confusion, headaches, seizures, nausea, breathing problems, loss of consciousness.

### Prevention

- Drink water frequently to stay hydrated. Wear lightweight, loose clothing and a hat that covers your neck and face. Take frequent breaks in the shade.
- NEVER leave children, pets, elderly in unattended cars. Double check your car before leaving.

### Treatment

- Drink fluids immediately; move to a shaded area; loosen clothing; pour water on exposed skin and fan to cool; elevate legs, and be sure to seek medical care if symptoms continue.
- Heat stroke is a medical emergency, so be sure to call 911 for assistance.

## Sunburn Treatment

- Use cool, damp cloths on sunburned areas.
- Apply soothing lotion with Aloe Vera.
- Apply chamomile lotion to help relieve the itching.
- Do not peel skin.
- Topical steroids (1% hydrocortisone cream) may also help. **Note:** Do not use the cream on children younger than age 2, unless advised by your doctor.

## Bites and Stings

- Wash thoroughly with soap and water.
- Apply paste of baking soda and water to reduce swelling and relieve itching.
- Place a cool compress on your forehead.
- To remove a bee/wasp stinger, use your finger nail or a credit card - don't pinch or squeeze it out.
- Antihistamines may help with swelling and itching.
- Consider any serious reaction an emergency. Call 911 or go to your nearest emergency room.