

# Summer Safety

Spending time outdoors is one of the great joys of summer — but it does come with risks. When you're prepping for fun time in the sun or on the water, keep these safety tips in mind:



- ▶ **Sun safety** is important at any age. When determining what kind of protection you need, remember the following:
  - Wear a broad-spectrum sunscreen of at least SPF 30 that protects against both UVA and UVB rays. Reapply as recommended on the label.
  - Wear UV-proof sunglasses. If you have eye health issues or are at risk for an ocular condition (such as macular degeneration), consult with your eye doctor about what kind are best.
  - Wear light-colored clothing, use a sun hat or umbrella, and stay in the shade as much as possible.
  - Remember that light reflecting off water increases sun exposure.
  
- ▶ **Hydration** is an essential part of maintaining your energy and avoiding sun-related illnesses when outdoors. To stay hydrated:
  - Drink fluids throughout the day. Eight 8-ounce glasses per day is the general rule, but active people may need more.
  - The very young, the elderly, and people who are ill have a lower tolerance for high temperatures and will likely need extra hydration.
  - Children should drink at least five ounces of water every 20 minutes when playing in warm or humid conditions.
  
- ▶ **Swimming** is great for exercise and fun, but safety is important too! To minimize the risk of accidents:
  - Enroll children in swimming lessons (classes are usually available starting at age four). If you don't know how to swim, consider taking lessons too.
  - Discourage horseplay around a pool or in a swimming area.
  - Prepare for emergencies by taking a CPR class.

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