



As thoughts of sunshine drift through your mind, remember to think about summer safety as well...

HEAT EXHAUSTION

***What is it?** An imbalance of fluids and/or electrolytes that occurs after days of sun exposure without adequate hydration. Some signs include: muscle cramps, dizziness, weakness, and fainting.

***What should I do?** Get out of the sun! Drink cool, non-alcoholic beverages. Get rest. If heat exhaustion is not treated appropriately, it can result in HEAT STROKE (which is life-threatening). Seek medical attention for elevated temp., dry/hot screening, confusion, throbbing headache.

SUNBURN

***How can I avoid it?** Apply sunscreen, avoid sun exposure (especially mid to late afternoon), and wear cool, lightweight clothing that covers arms and legs. All fabrics allow for some type of skin protection, but various fabrics perform better than others. Refer to:

<http://www.skincancer.org/prevention/dress.php> for more information.

***What does SPF mean anyway?** SPF stands for Sun Protection Factor and is based upon the time it takes for an individual to turn red in the sun. For example, if someone turns red in 15 minutes of exposure, an SPF of 10 should theoretically protect that individual for 150 minutes. However, it is recommended that sunscreen be reapplied every 2 hours and after getting out of the water/excessive sweating/towel off. Remember to apply sunscreen 30 minutes prior to sun exposure.

***What should I do if I get sunburned?** Apply cool compresses or submerge sunburned area under water. Keep area clean. Do NOT pop blisters or apply ointment/butter/salve to skin. Use a non-greasy lotion for comfort.

****** *The above information was adapted from the following:*

Skin Cancer Foundation: <http://www.skincancer.org/sunscreen/sunscreens-explained.html>

CDC Heat Related injuries: http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp