

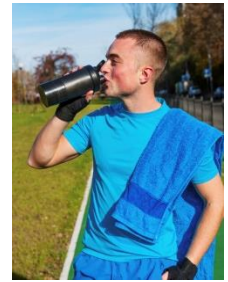
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## Summer Safety Tips

There are so many ways to enjoy the great outdoors during the summer. With shelter-in-place orders easing, and more people returning to physical activity, there are a few things you need to do to decrease your risk of injury:

- **Start slowly.** Don't try to begin where you left off before the gyms closed. Unless you have remained active during this time, your muscles and joints will need time to gradually get back in action. Decrease the time and intensity of your workouts and progressively build your routine back up safely.
- **Include a 5-10 minute warm up.** Gradually increase the speed and/or intensity associated with the activity. Also include a 5-10 minute cool down, gradually decreasing activity and adding light stretching.
- **Be aware.** Understand that heat and humidity will impact your efforts. Focus your activities for either early or very late in the day to avoid overheating.



Keep in mind these safety tips from the National Safety Council while enjoying summer activities:

### Staying Safe in the Heat

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. It also can happen when the hot and humid conditions do not allow your sweat to work as the cooling mechanism it is designed to be. The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.

According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off.
- Drink fluids (water is the beverage of choice), even if you don't feel thirsty, and avoid alcohol.
- Wear loose, lightweight clothing and a hat.
- Replace salt lost from sweating by drinking fruit juice or sports drinks.
- Avoid spending time outdoors during the hottest part of the day from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself.
- Pace yourself when you run or otherwise exert your body.

### Staying Safe in or around Water

- Never leave your child alone; if you have to leave, take your child with you.
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof."
- Lifeguards aren't babysitters; always keep your eyes on your child.
- Don't let children play around drains and suction fittings.
- Never consume alcohol when operating a boat, and always make sure everyone is wearing U.S. Coast Guard-approved life jackets.
- Don't underestimate the power of water; even rivers and lakes can have undertows.
- Always have a first-aid kit and emergency contacts handy.
- Get training in CPR.

# Sun Safety, Sunscreen & UV Rays

While enjoying the warmer weather and time spent outdoors, be sure to take steps to protect yourself from the potentially damaging effects of prolonged sun exposure. One of the most important ways we can protect our skin is by using sunscreen. Sunscreen is essential to protect the skin from ultraviolet (UV) rays.



## Understand the Risk of Ultraviolet Rays

Exposure to ultraviolet (UV) radiation is a significant risk factor for melanoma, the deadliest form of skin cancer. It also increases the risk of squamous cell and basal cell skin cancers. UV radiation is present in sunlight and also is generated by indoor tanning devices. Heavy exposure early in life is particularly harmful as it affects our skin cells early on.

There are two types of ultraviolet rays that harm the skin: UVA and UVB. They affect the skin in different ways, but both increase the risk of skin cancer and eye damage. It's important to note that window glass filters out UVB rays, but not UVA.

- **UVA rays:** Associated with skin aging, including wrinkle formation
  - Penetrate the skin more deeply, causes skin to tan and is what is used in tanning beds
  - Remain at the same levels no matter what the season or time of day
- **UVB rays:** Associated with sunburn
  - Penetrate outermost layers of skin
  - Become more intense during summer months and midday

## Take Steps to Protect Your Skin

Read through the following guidelines to protect your skin and reduce risk of skin cancer.

- Avoid direct, excess sunlight between the hours of 10 a.m. and 4 p.m.
- Liberally apply sunscreen with at least a 30 SPF that protects against both UVA and UVB rays. Ensure that the sunscreen is not expired.
- Reapply sunscreen every 1-2 hours, or right after swimming, sweating or exercising.
- Wear sun-protective clothing, including lightweight long sleeves and wide-brimmed hats, which can help protect the neck and face.
- Protect your eyes with sunglasses.
- Use sun-protection on cloudy days, too—clouds and haze do not filter UVA rays.
- Be aware of reflective surfaces such as water, sand, concrete, and white-painted areas which can increase risk of sunburn.
- Do not use sun lamps or tanning beds.