

Summer Sun Safety Tips

Summer is an exciting time of year. With the kids out of school your family has the opportunity to enjoy an abundance of warm weather activities, your plans may include: a vacation; camping; swimming; picnics; barbecues; and other fun summertime events.

However, summer fun can easily turn into summer injury. Many summer activities pose unique dangers and safety risks. With careful planning, safety awareness and preventive measures - you can help your family to have a fantastic and safe summer.

The following information contains helpful tips that should help keep you and yours safe this summer!



- Stay out of the sun between 10 a.m. and 3 p.m., when the sun's rays are strongest.
- If you are going to be in the sun for any length of time, find an area with "structured shade," such as a wooded clearing, to block as much of the sun as possible. The sun is strongest at the beach, where sand and water reflect the sun's damaging rays.
- Always apply a generous, uniform amount of sunscreen with an SPF (sun protection factor) of at least 15. Reapply regularly if you go swimming or stay in the sun for a long time.
- If the sunscreen is waterproof, let it dry 30 minutes before going in the water.
- Use sunscreen even on cloudy days, especially if you plan to be outside for any length of time.
- Keep infants out of the sun. Start using sunscreen on children at 6 months of age and limit their exposure. Sunscreens are not approved for infants younger than 6 months.
- Wear sunglasses and protective clothing, such as hats. If you burn easily, long sleeve shirts and long pants can provide added protection.
- Avoid tanning salons and lamps, which produce ultraviolet radiation that can damage your skin just like sunlight.