



We all need some sun exposure. It's our primary source of vitamin D, which helps us to absorb calcium for stronger, healthier bones. It doesn't take much time in the sun to get enough vitamin D and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression and even cancer.

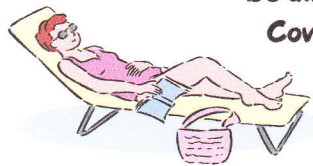


UV Rays react with a chemical called melanin that is found in most people's skin. Melanin is your first defense against the sun as it absorbs dangerous UV rays before they do serious skin damage. The darker your skin the more melanin it has to protect itself. UV intensity depends on the time of year and location. UV rays are strongest in the summer.

**UVA** Rays cause skin aging and wrinkling and contribute to skin cancer. They pass effortlessly through the ozone layer and make up for the majority of our sun exposure.

**UVB** rays are also dangerous, causing sunburns, cataracts and immune system damage. Melanoma, the most dangerous form of skin cancer is associated with UVB sunburns occurring before the age of 20.

**UVC** rays are the most dangerous but the rays are blocked by the ozone layer and do not reach the earth.



### Tips for protecting yourself from the sun

Avoid the strongest rays of the day - normally between 10am and 4pm.

Be aware of cloudy, cool or overcast days. The invisible sun can still cause sunburn.

Cover up with clothing that you cannot see your hand through when placed inside.

Use sunscreen consistently and generously.

Wear sunglasses labeled with 100% UV protection.



### Sunscreen Reminders

Select sunscreen with SPF of 15 or higher

Avoid sunscreens with PABA for possible skin allergies

Use sunscreen whenever you will be out in the sun

Apply sunscreen 30 minutes before going outside

Be generous in applying sunscreen

Reapply sunscreen approximately every 2-3 hours

Reapply even waterproof sunscreen after swimming



### What to do if you get a sunburn

Stay out of the sun until you are healed

Take cool (not cold) baths or apply cool compresses

Apply pure aloe Vera gel to help soothe and heal quicker

Use pain reliever such as acetaminophen or ibuprofen

**(Never give aspirin to infants, toddlers or teenagers)**

Apply moisturizing cream to rehydrate and reduce swelling

Call your doctor if sunburn is severe and blisters develop.

**NEVER** use sunscreen on children under 6 months old. Avoid exposure or cover completely when outside

**DO NOT** use petroleum based products on sunburns as they prevent excess heat and sweat from escaping

Talk to your doctor about medications you are taking which could make you sensitive to sunlight.



**Heat Index** tells you how hot it feels outside in the shade.

It is not the same as the temperature.

**A heat index of 90° or above is dangerous!!**

Heat Exhaustion occurs when your body cannot keep itself cool

Heat Stroke can happen after heat exhaustion and can be deadly

Signs of heat-related illness

- Weakness
- Headache
- Muscle weakness or cramps
  - Nausea and vomiting
- Worried feeling
  - Fast heartbeat
- Dehydration
  - Dizziness



Warnings signs – Seek medical attention

- Skin that feels hot and dry but not sweaty
- Confusion or loss of consciousness
  - Frequent vomiting
- Shortness of breath or trouble breathing



**Talk to your doctor about medications you are taking**  
which could make you sensitive to heat related illnesses .

