

Tips for Outdoor Sun Safety



Effective precautions to beat the heat include:

- Staying in the shade
- Wearing sunscreen
- Using a wide brimmed hat
- Wearing clothing to cover the ankles
- Wearing a long-sleeved shirt
- Staying indoors or in the shade when the sun is at its brightest

- Choose a sunscreen with broad spectrum protection with SPF 30 or higher. The sun emits both UVA and UVB rays which cause premature aging and sunburn, respectively.
- There are two types of sunscreens: Physical and Chemical. Physical sunscreen works like a shield and contains zinc oxide or titanium dioxide. Chemical sunscreen works as a sponge and absorbs the sun's rays. It usually contains oxybenzone, avobenzone, or octisalate.
- Don't forget lip protection. Just like how sunscreen protects the rest of your skin, a lip balm with SPF protection blocks out the sun and keeps in moisture for your lips — great for a day on the lake or while you're working on that summer romance.
- Stay hydrated. Drink two to four cups of water every hour that you are doing activities outside in the heat or direct sun. Your body needs more water than usual when working in a hot environment because you'll lose more fluids through sweating.
- Avoid alcohol. While an ice-cold cocktail — complete with a little paper umbrella — might sound good on the beach, it won't be as refreshing to your body. That's because alcohol only dehydrates you more.
- Be mindful of medications you are taking. Some antibiotics and medicines make the skin more sensitive to the sun.
- Wear eye protection. Wearing sunglasses can help reduce the cumulative damage that causes eye problems—such as cataracts and age-related macular degeneration—in seniors.
- Water, snow, and sand can reflect and amplify the sun's damaging rays.
- Even on cloudy days, up to 80% of the sun's UV rays can reach your skin.



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