

Stay Safe in the Sun



Minimize exposure to the **midday sun**, which occurs between the hours of 10:00am and 4:00pm.

Wear **lightly covered, tightly woven clothing** to block sunlight from the skin.

Wear a **broad-brimmed hat** to shadow the face, neck and ears.



Apply **waterproof sunscreen** (SPF 15 or higher) before going outside.

Remember! **Sunlight that is reflected** from concrete and other lightly-colored surfaces will increase the intensity of sunlight on your skin.

Remember! Partly cloudy skies or being underwater **does not protect your skin** from exposure to damaging UV rays.



Stay Safe When It's Hot Outside



Spend time indoors where there is **air-conditioning**, such as a shopping mall, grocery store, or library.

Avoid intense physical exertion (ex: walking long distances, lifting heavy objects) on hot days.

Drink lots of water and other clear drinks. Avoid drinks that contain alcohol or caffeine, which can “dry you out”.



Take **cool showers, baths, or sponge baths**.



Wear **lightweight or loose-fitting clothing**. Clothes made of light-weight cotton are a good choice.

NEVER leave a child or pet in a vehicle, even with the window slightly open.

Cars are like ovens in the summer!



Note that the **risk of heat-related illness increases** with high humidity, age, and ingestion of alcohol or drugs.