



# Sun Safety Tips

Summer is a wonderful time to be outside. While it's great to soak up the sunshine and fresh air, it's also important to take steps to protect yourself while doing so. The sun's strong, hot rays can be detrimental to your skin, eyes and overall health if you don't take precautions. Try these tips to stay safe in the sun.

## Protect your skin

Every time you get sunburned, it can multiply your risk of developing skin cancer later on.

- **Apply sunscreen** with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure. Reapply at least every 2 hours after first application or more often if you are sweating or swimming.
- **Even if you don't have specific plans to be outdoors**, it's still important to apply lotion or sunscreen with SPF to your face and body—the sun's rays can cause damage even if you're outside for a few minutes.
- **Wear a wide-brimmed hat** that covers and protects areas like your head, neck, face and ears.
- **If you already have sunburn**, wear long-sleeved shirts and pants to prevent further skin damage.
- **Avoid direct sun exposure** as much as possible during peak UV radiation hours, between 10 am and 2 pm.
- **Perform self-examinations** on your skin regularly to become familiar with any existing growths (such as moles) and to notice any changes or new growths.

## Protect your eyes

Spending long hours in the sun without eye protection can contribute to skin cancer around the eyes, and eye diseases that can deteriorate vision.

- **Wear sunglasses** that are labeled UV protective. They block UVA and UVB rays.
- **Opt for larger, close-fitting sunglasses.** Wrap-around pairs offer the most protection.
- **Inspect sunglasses** to make sure they're free of damage.

## Protect your health

With the hot sun comes high temperatures! Stay hydrated and find relief from the heat to avoid potential health issues.

- **Keep water on hand** and hydrate often, even if you don't necessarily feel thirsty.
- **Eat hydrating fruits and veggies** such as cucumber, carrots, watermelon and grapes.
- **Wear lightweight, light-colored clothes**—they help reflect sunlight away from your body and keep heat levels down. Opt for clothes that are made of cotton or a sweat-wicking material.
- **Schedule your day around the sun.** The temperature tends to be cooler in the early morning and early evening.
- **Opt for shady areas** and try to avoid being in direct sunlight.
- **If you start to feel lightheaded or faint**, take a break from whatever you are doing, drink some water and find a cool area to rest in.

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