

# Sun smarts

## Don't let your guard down when the temperature goes up

Summer sun means summer fun. It also means taking extra steps to keep your family safe from too much sun.

The sun can damage skin. Too much sun can lead to wrinkles, age spots and skin cancer.

Heat illnesses, such as heatstroke, are another problem. Children and older adults are most at risk.

### **To protect your family:**

Drink plenty of water to stay hydrated.

Keep inside when it's hot. If it is very hot and you don't have air conditioning at home, go someplace cooler, like the library.

Stay in the shade when you're outdoors.

Use sunscreen. Choose a type that has a sun protection factor (SPF) of at least 15 and that protects from both UVA and UVB rays. Apply more every two hours.

Wear clothes that will protect your skin, such as long-sleeved shirts and wide-brimmed hats.

Source: Centers for Disease Control and Prevention

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