Tips for Beating the Summer Sun and Heat

Spending time in the sun can be a lot of fun, but there are some risks to being outside during the warmest months of the year. The following tips can help ensure a fun and safe summer:

**Hot Weather**
Stay safe while out in the heat by:
- Drinking plenty of water, even if you do not feel thirsty.
- Taking frequent breaks from activity.
- Taking extra caution with babies, young children and elders.
- Reducing your activity level until your body adjusts to the warmer weather.
- Limiting strenuous activity to the morning and evening hours.
- Wearing light colored clothing and eye protection.

**Sun Safety**
Take these steps to minimize the damage caused by ultraviolet (UV) radiation.
- Avoid exposure when the sun is hottest: from 10 a.m. to 2 p.m.
- Use a sun block lotion with an SPF of 30 or higher.
- Use broad-spectrum sun blocks, which block UV-A and UV-B radiation.
- Reapply sun block after you have been swimming, and every two to three hours that you are outdoors.
- Wear long sleeves and hats when possible.

**Eye Damage**
The same UV rays that can damage your skin can harm your eyes, putting you at risk later in life for cataracts and age-related macular degeneration. To reduce your risk:
- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays.
- Wear a wide-brimmed hat. It can also protect the skin on your face.
- Stay inside during peak sun hours, from 10 a.m. to 2 p.m., to avoid the strongest levels of UV light.
- Protect your children’s eyes with hats and sunglasses.