



As the weather heats up, most of us are eager to spend more time outdoors. When enjoying your favorite summertime activities, don't forget to protect yourself from the sun's harmful rays. Here are a few important things that you and your family can do to lessen the affects the sun has on your skin.

- **APPLY SUNSCREEN** WITH AN SPF OF 15 OR HIGHER BEFORE ANY OUTDOOR ACTIVITY EVEN YARD WORK, WALKING THE DOG AND ERRANDS. USE A SUNSCREEN WITH AN SPF OF AT LEAST 45 WHEN YOU ARE EXPOSED TO THE SUN FOR PROLONGED AMOUNTS OF TIME LIKE WHEN PLAYING SPORTS, SWIMMING OR AT AMUSEMENT PARKS.

- **REMEMBER TO RE-APPLY** SUNSCREEN OFTEN PARTICULARLY IF YOU ARE SWEATING OR SWIMMING. AS A GOOD RULE OF THUMB, RUB ON SUNSCREEN ACCORDING TO THE STRENGTH OF THE SPF. FOR EXAMPLE, IF THE SPF IS 30 THAN YOU SHOULD RE-APPLY EVERY 30 MINUTES.

- **SIMPLY COVER UP.** WEAR A WIDE BRIMMED HAT TO SHIELD YOUR EARS AND NECK. WEAR LONG SLEEVES AND LONG PANTS WHEN POSSIBLE. AS A NOTE, DARK COLORED CLOTHING DOES OFFER BETTER PROTECTION THAN LIGHT COLORED CLOTHING.

- **BE AWARE** OF THE MEDICATION YOU TAKE. SOME MEDICATIONS LIKE ACNE REMEDIES, ANTIBIOTICS, AND EVEN OVER-THE-COUNTER PAIN RELIEVERS CAN DRASTICALLY INCREASE YOUR SKIN'S SUN SENSITIVITY.

- **AVOID TANNING BEDS!** TANNING BEDS AND SUNLAMPS ARE NOT FREE FROM HARMFUL UV RAYS. WHEN YOU USE TANNING BEDS, YOU SIGNIFICANTLY INCREASE YOUR RISK OF DEVELOPING SKIN CANCER.

For children and infants, sun exposure is even more dangerous. [Click here](#) to read more about protecting children from heat related illnesses

Your eyes need protection too! Be sure that your sun and eye glasses can block UV rays. You need this to help guard your eyes from serious sun damage. Don't assume that a dark lens means protection



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