



# Healthy Living *tips*



# Safe Fun in the Sun



Healthy Living *tips*



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# Safe Skin in the Sun

Summer months spent in the sun can bring unwanted skin issues such as sunburn, freckles and skin cancer. The Centers for Disease Control and Prevention (CDC) gives steps to protect skin from sun damage:

Use sunscreen with SPF 15 or higher and both UVA and UVB protection

Wear clothing that covers exposed skin

Wear a hat with a wide brim to shade the face, head, ears and neck

Wear sunglasses that wrap around and block up to 100 percent of both UVA and UVB rays

Seek shade during midday hours



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# Stay Cool in the Sun

Spending long periods of time in the sun can make you hot, hot enough to make you sick.

The CDC lists several steps you can take to prevent heat-related illness, injuries and death during hot summer months:

- Stay cool indoors
- Drink plenty of fluids
- Replace salt and minerals
- Wear appropriate clothing and sunscreen
- Pace Yourself
- Monitor people at “high-risk”

See all the steps by visiting  
[www.cdc.gov/features/extremeheat](http://www.cdc.gov/features/extremeheat)



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# Vaccinate for International Travel

Departing for an international vacation?  
Remember to review which vaccinations you  
need for your upcoming trip.

The CDC highlights a Traveler's Health  
Web page offering information on  
destinations, vaccinations and how to stay  
healthy and safe abroad.

Check out the page at [www.cdc.gov/travel](http://www.cdc.gov/travel)



# Resources

Spending more time outdoors increases your risk of skin cancer and early aging. The U.S. Food and Drug Administration encourages consumers to regularly use sun protection. Learn which sunscreen is right for you at [www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm239463.htm](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm239463.htm)

Keep yourself and your family cool this summer. Be aware of risks associated with extreme heat [www.cdc.gov/features/extremeheat](http://www.cdc.gov/features/extremeheat)

If you plan on traveling internationally keep in mind vaccinations that may be required before entry into another country. The CDC offers a Traveler's Health page to stay informed at [www.cdc.gov/travel](http://www.cdc.gov/travel)



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