Summer Safety

Before you run to the beach or head for the pool, keep these safety tips in mind.

- **Sunscreen.** Sunscreen is important at any age. When applying sunscreen, remember the following:
  - Wear sunscreen of at least SPF 30 that protects against both UVA and UVB (if you are going to be in water, make sure it's waterproof). Reapply sunscreen as recommended on the label.
  - Wear UV-proof sunglasses. If you have questions about what types of sunglasses are right for you, consult with your eye doctor.
  - When spending time outdoors, choose light-colored clothing. If you will be outside for a long period of time, stay in the shade or use a sun hat or umbrella.
  - Remember that light reflecting off water increases sun exposure.
- **Hydration.** Dehydration is easier to prevent than it is to treat. Ways to manage hydration include:
  - Drink fluids throughout the day. Eight 8-ounce glasses per day is the general rule, but you may need more if you are active.
  - The very young, the elderly, and people who are ill have a lower tolerance for high temperatures. Children should drink at least five ounces of water every 20 minutes when active in warm or humid conditions.
  - Drink at least one quart of water or other electrolyte-replenishing fluid every hour when you are sweating or during exercise.
- **Water safety.** Swimming is great exercise and can be fun for the whole family, but safety is also important. To minimize the risk of swimming accidents:
  - Enroll children in swimming lessons (most children can sign up as early as four). If you've never taken lessons, now is the time to learn.
  - If you have a pool, consider putting it behind a fence (in some areas, this may be required by law).
  - Discourage horseplay around a pool or in a swimming area.
  - If you are responsible for watching young children in the pool, stay focused on what's going on around you. Do not allow yourself to be distracted by your phone, the grill, or other people.
  - Take a CPR class so that you are prepared for emergencies.
- **Ear infections.** Swimmer's ear is an infection that occurs when swimmers spend a lot of time underwater. To prevent these infections:
  - Wear earplugs.
  - Clean the outer area of the ear (not the inside). Never put anything in the ear, including cotton swabs.
  - Ask your doctor about drops or home remedies that may help keep the ear clear of infection.
  - Call your doctor if ear itching, fluid discharge, pain or tenderness, or hearing loss occurs.

The above information is for educational purposes only and is not intended to take the place of medical advice.

Source: Krames Staywell

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