

**FUN IN THE SUN**  
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With summer in full swing, I think now is the time to look at ways to keep your skin safe for summers to come. Hopefully, after reading these safety tips, everyone's skin will breathe a sigh of relief!

**Fun in the Sun Safety Tips:**

- #1- Always use sunscreen when outdoors. The amount of SPF (Sun Protection Factor) you will need depends upon your skin type and how easily you burn. SPF is what helps to determine the length of time you should be outdoors. For example if you use a SPF 15 and you usually begin to burn in 10 minutes, then with the SPF 15 you could be out in the sun for 150 minutes, with this product. Or at least this is a good rule of thumb to follow. This doesn't mean you can put on sunscreen every 150 minutes and be good to go for another 150 minutes. Even if you have not been out in the sun for 150 minutes and feel you are starting to burn, it is time to seek the shade.**
- #2- Read the labels on the sunscreen before purchasing it. If you are going to be outside in the pool, then get a sunscreen that is waterproof. Reapply sunscreen after drying off, if you intend to remain outdoors. If you are prone to allergic reactions to lotions, you may want to apply a small amount on a test area, before applying the lotion all over.**
- #3- You are more likely to receive a sunburn between the hours of 10:00 a.m. and 2 p.m.**
- #4- Water and sand also increases the risk of a sunburn. Therefore, you should be extra cautious when laying out at the local beach or by the pool.**
- #5- Being in a tropical or a semi-tropical climate also increases the risk for a sunburn. This is why you should be more careful when you are on vacation at areas such as Florida. Just because you can tolerate an hour in the sun in Indiana, doesn't mean you will be able to tolerate an hour in the sun at Florida.**
- #6- Wear sunglasses when you are outside, your skin is not the only part of your body that can be damaged by the sun's rays.**
- #7- You should also get a lip balm that has sunscreen, as the lips are a very sensitive area and are also subject to burns.**
- #8- Check with your pharmacist or physician if you are taking medications and are not sure if it is a medication that intensifies the effect the sun may have on you. Most medications will be labeled, as such.**
- #9- You need to see that your children are also protected with a sunscreen. As we all know children are in the sun for many hours a day and the last thing on their mind is sunscreen.**
- #10- Keep in mind that you do not have to be sunbathing to get a sunburn. You should wear sunscreen and follow these tips when you are outdoors for other reasons. Some popular examples are when you are watching the races, going to an amusement park or just sitting outside enjoying a nice summer day at the ballpark.**