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July is UV Safety Month

JULY 05TH 2012 BY AMY ELLINGHOUSE

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When you think of summer, most think having fun in the sun with friends and family. It's important to also keep your safety top priority. July is UV Safety Month and a good time to brush up on safety tips to keep your family healthy in the sun. Here are the top three summer health concerns and how to avoid them:

Too Much Sun

Staying out in the sun too long can lead to problems like sunburns, premature aging, eye damage and even skin cancer. Fortunately, it's easy to protect yourself from the harmful UV rays that cause most of these problems:

- **Wear sunglasses:** Your sunglasses should have a label on them that says they protect against UV-A and UV-B rays.
- **Wear the proper clothing:** Sun shirts over swimsuits and large hats protect your body by blocking the sun's harmful rays.
- **Stay in the shade:** You should try to stay out of the sun from 10am to 4pm. Babies less than a year old should never be out in the sun.
- **Wear sunscreen:** It's not just for swimming or sunbathing. Wear sunscreen with an SPF of 15 or higher on exposed skin areas every day. Remember to reapply every few hours if active.

Water Danger

Drowning is a leading cause of death among little ones. Take a few simple precautions to keep swimming time at the pool or beach safe.

- **Supervise, supervise, supervise:** All children, even those who can swim, should have adult supervision while near a body of water. Swim lessons are recommended for kids 4 and over. For children who can't swim, stay within several feet of them while they are in water; consider using floating arm bands or a life vest.
- **Secure your pool:** If you have a pool, use a net or fence to keep kids away when you're not swimming.

- Learn CPR: Basic courses are offered in your community and you can take an infant-specific course as well. Visit www.heart.org or www.redcross.org for details.

Dehydration and Heat Exhaustion

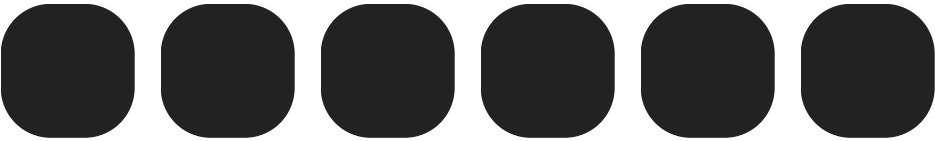
During hot summer months, everyone needs to drink more water to balance fluids lost by sweating. Keep your kids well hydrated, especially if they are playing outside. Also, be sure never to leave a child alone in a hot car. Even a few minutes can be deadly because the heat inside the car builds quickly and there is no air flowing through the car when doors and windows are closed.

For more information, visit www.cdc.gov.

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