

# Summer Survival Tips

## Sunscreen

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes.

Follow these recommendations to help protect yourself and your family.

- Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.
- **Application** - Apply sunscreen 15 minutes before going outdoors or entering the water. This helps the sunscreen to absorb into the skin so it does not wash off in the water or if you sweat.
- **SPF** - Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.
- **Reapplication** - Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.
- **Expiration date** - Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.
- **Cosmetics** - Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

## Summer Safety Hazards

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do - – CDC.gov

Heat Exhaustion symptoms

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

What You Should Do:

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited and it continues, seek medical attention immediately

Heat Stroke

- High body temperature (above 103°F)\*
- Hot, red, dry or moisten skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do:

- Call 911 immediately — this is a medical emergency.
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- Do NOT give fluids

## Download Apps

First Aid app - instant access to information on handling the most common first aid emergencies

- to get app text "GETFIRST" to 90999

Pet FirstAid app - Be prepared to help your furry friends with veterinary advice for everyday emergencies

- to get app text "GETPET" to 90999

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## 8 First Aid Essentials for Travel

### Tweezers

- The safest way to remove a splinter or a tick is with a clean pair of tweezers. Disinfect the tweezers well before and after each use.

### Hydrocortisone Cream

- For itchy bites or inflammation, carry two small packets of 1% hydrocortisone cream.

### Hand Sanitizer and Gloves

- Alcohol-based gel or wipes can sanitize your hands when soap and water aren't readily available. Sanitize before, slip on a pair of gloves, and sanitize again after treating the wound.

### Pain Relievers

- To relieve pain and bring down a fever. Aspirin, acetaminophen, and ibuprofen are popular over-the-counter pain relievers. Aspirin should not be given to anyone under age 18.

### Gauze and Tape

- For cuts and scrapes, use gauze pads to apply pressure to small wounds until the bleeding subsides. When used with tape, gauze can also serve as a bandage to cover and protect wounds. Adhesive bandages of different sizes can also help protect minor cuts and scrapes.

### Wipes or Solution for Cleaning a Wound

- Before you bandage, you'll want to clean scrapes or wounds. Antiseptic wipes or sprays are handy for cleaning injuries when there's no clean water nearby. Sterile water or saline, such as contact lens saline solution, is good to have for flushing out eye injuries and can be used on other wounds. Available in small bottles, it can also be easy to pack.

### Antibiotic Cream

- Protect minor wounds from infection. It can keep the area moist, which may promote healing. And it can prevent the wound from getting stuck to a bandage.

### Allergy Medications

- Be ready to counter a mild allergic reaction with antihistamines. People with serious allergies should carry injectable epinephrine. It can save a life in the case of anaphylaxis -- a severe and potentially deadly allergic reaction to triggers such as insect stings or food.

## Water Safety

Around the water, supervision can mean the difference between life and death. Even when lifeguards are on duty, children should also be watched by those who brought them.

Here are some tips for providing good supervision around water\* American Red Cross

- Stay within arm's reach of young children or non-swimmers.
- Establish and enforce rules for children based on swimming abilities, such as the area of the water that they must stay within.
- Know how to respond to problems, including how to perform a water rescue without getting in the water.
- Make sure everyone being supervised knows who is in charge. A "water watcher" can help keep everyone aware.
- Remain free from distractions, especially cell phones, and when you are supervising, avoid socializing or engaging in other activities.
- Avoid alcohol use before or while supervising water activities.