

# Wellness by the Month

## Sun Safety

### Sun Safety Tips

Sunburns are becoming more common among U.S. adults, and with the summer season starting, it's time to brush up on sun protection, says the CDC. Sunburns aren't just uncomfortable but can be dangerous. Getting sunburned even once can make you more likely to get skin cancer, according to the CDC, which offers these sunburn prevention tips:

- Limit your time in the midday sun (10am - 4pm). Use the shadow rule: No Shadow, Seek Shade! Children are at increased risk. Encourage playtime in the shade.
- Wear a hat with a wide brim and wear loose-fitting tightly woven clothing.
- Always use sunscreen with a Sun Protection Factor (SPF) of at least 15 and apply liberally 15-30 minutes prior to sun exposure. Reapply every two hours or after swimming or sweating. Even waterproof sunscreen can come off after toweling or swimming.
- Avoid sunlamps and tanning beds.
- Wear sunglasses that provide UVA and UVB protection. Your eyes need protection too.

### Food Safety Tips

According to the American College of Gastroenterology (ACG), an estimated 85 percent of food poisoning incidents can be prevented by properly handling food. Don't let food poisoning ruin any part of your celebrations this summer.

- Wash your hands frequently before and after handling food. If soap and water is not available, hand sanitizers or wipes can be a good substitute.
- It is important to wash **all** fruits and vegetables. Even fruits such as melons need to be washed thoroughly before cutting to prevent contaminating the pulp inside.
- Keep cold foods cold by packing plenty of ice and storing the cooler in the shade. Keep hot foods hot, well wrapped and insulated to maintain a temperature above 140 degrees. Do not leave food out for more than two hours. If the temperature is above 90 degrees don't leave food out for more than one hour. Throw out any leftovers.

Signs of food poisoning include nausea, vomiting, cramps and diarrhea. Anyone experiencing these symptoms should stay hydrated and begin a bland diet once the vomiting has ceased. Symptoms usually last only a day or two. Physicians should be contacted if food poisoning is suspected in young children, pregnant women, elderly individuals or those with a compromised immune system.

[www.skincancer.com](http://www.skincancer.com) and to take a sun-safety quiz go to [www.cancer.org](http://www.cancer.org)

[www.acgigi.org](http://www.acgigi.org)