

Summertime Safety



With the warm weather and the need to reenter the real world, people may be even more active this summer. The opportunity to visit the beach, amusement parks, and the pool brings not only fun but also some hidden dangers. To keep the fun alive without the risk, you need to prepare yourself for your next adventure.

Swimming is great for exercise and for fun. [A few tips](#) will help you and your loved ones enjoy a day at the pool.

- Be sure to swim in areas where lifeguards are present.
 - Inexperienced swimmers must wear a lifejacket at all times. Yet, a lifejacket is not enough, so be sure to maintain constant supervision.
 - Make sure everyone in your family learns to swim well.
- Avoid distractions when supervising children around water.
 - Wear sunscreen of at least 15 and be sure to reapply often. Sweat and the pool will diminish the effects of your sunscreen even if it's waterproof.
 - Drink plenty of water rather than caffeinated or alcoholic drinks.

The high temperatures can ruin your fun in the sun if you don't take the necessary precautions. Here are a few important tips to keep you safe and active in your next outing.

- Remember to drink plenty of water to stay hydrated.
- Wear sunscreen
- Wear the right clothes when possible. This includes hats that shade the face and long sleeves and pants to protect your skin.
- Wear sunglasses. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts.

So, what do you do if you do get sunburned?

If you do get a sunburn, there are a few things you can do to ease the pain and protect your skin. Firstly, you can take a quick dip to cool your skin. If you are near a cold pool, lake, or ocean, jump in for a few seconds to cool down. You can use a cold compress, but you should not apply it directly to the sunburn because it may cause more irritation and discomfort. Also, avoid using soap because this is too drying and will irritate the skin. However, you should use moisturizer to help relieve some of the discomfort. Dampen the skin with a gentle moisturizing

lotion that does not contain petroleum or oil-based ointments. Aloe will also provide some relief. Continue to reapply the moisturizer and/or aloe to avoid peeling skin. Loose-fitting clothing will also help relieve some of the pain.