

Stay cool

Tips for a safe and healthy summer

Summer is upon us, with barbecues, beaches, pool parties and kids running around outside just being kids. All these fun activities have one thing in common — the summer sun. It's important to stay safe and keep cool.

Ways to beat the heat

Seek shade
Stay in the shade between 10 a.m. and 2 p.m., when UV rays are the strongest.

Drink plenty of fluids
It's recommended to drink eight or more 8-ounce glasses of water per day.

Plan ahead for outdoor activities
Wear lightweight, loose-fitting clothing so your body can cool itself properly.

Try aloe vera cubes for sunburn relief
It's critical to use sunscreen, but if you happen to forget or miss a spot, try this home remedy for soothing sunburn relief.

1. Pour aloe vera gel into ice cube trays.
2. Freeze for at least six hours.
3. Use the cubes to cool your sunburn.

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Follow these tips to protect yourself from the sun

Summer can be the best time to enjoy the great outdoors. But ultraviolet rays can be dangerous and are the primary cause of skin cancer.

Sunscreen by the numbers[1]

1

Use at least 1 full ounce of sunscreen

That's what skin doctors recommend to make sure all exposed skin is covered.



2

Reapply every 2 hours

Don't forget to reapply sunscreen after swimming or sweating.



15

Plan 15 minutes ahead

Apply sunscreen 15 minutes before you head outside to give it time to start working.



30

Choose SPF 30 or higher

And make sure your sunscreen protects against both UVA and UVB rays.



[1]Aetna.com. Most people apply less than half the sunscreen they need. June 13, 2016. Available at: news.aetna.com/2016/06/most-people-apply-less-than-half-the-amount-of-sunscreen-they-need.

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