



- **Apply sunscreen 15 to 30 minutes before you go out in the sun. Don't skimp. Apply liberally!**
- **Don't forget the easy to miss spots like the tips of your ears, feet, your bald spot. Use a UV lip balm to protect your lips.**
- **Reapply at least every 2 hours or more often if you're getting wet or sweating.**
- **Check the expiration date on your sunscreen. It can lose its effectiveness over time.**
- **Wear sunglasses that block 99% to 100% of UVA and UVB rays or have a UV 400 protection rating.**
- **And don't forget to wear a broad-brimmed hat.**

Sunscreen or Sunblock?

For most people trying to compare one sunscreen to another can be complicated. Choosing the right sunscreen and using it correctly is necessary to help protect your skin from the damaging rays of the sun.

SPF stands for sun protection factor and is used to estimate the amount of ultraviolet (UV) radiation it normally takes to burn your skin with protective sunscreen. SPF refers to blockage of UVB rays only. If you normally burn in 10 minutes, SPF 15 multiplies 10 minutes by a factor of 15, meaning you could go 150 minutes before burning.

There are two types of lotions: chemical and physical, and two basic types of sun rays: UVA (aging) and UVB (burning). UVA rays penetrate deeply into the skin causing wrinkles and increasing the risk of skin cancer. Up to 90% of skin changes associated with aging are really caused by a lifetime exposure to UVA rays. Everyone needs protection from both types of harmful rays. Chemical lotions or sunscreens contain ingredients to absorb and disperse the UVB rays preventing them from penetrating the skin. Physical lotions are known as sunblocks. These lotions contain minerals like zinc oxide and titanium dioxide that create a barrier against both UVA and UVB rays. Initially sunscreen only contained UVB protection. Today most sunscreens are "broad-spectrum" or "multi-spectrum" and protect against UVA and UVB rays.

For the majority of people a SPF of 15 is all that is needed. People with very light skin, a family or personal history of skin cancer, or health conditions that increase sensitivity to sunlight should use a SPF of 30 or higher. SPF 30 is not twice as strong as 15. SPF 15 will filter out 93% of UVB and SPF 30 filters out 97% of UVB. No sunscreen or sunblock will provide 100% protection.

For UVA protection look for one of these ingredients: ecamsule, avobenzene, oxybenzone, titanium dioxide, sulisobenzene, or zinc oxide.

If you are going to be exercising or in the water, look for sunscreen that is water resistant. This means the SPF level stays effective after 40 minutes in the water. Sunscreens are not water proof and you will need to reapply.

For children use a sunscreen with a SPF of 15 or higher. "Kid-friendly" sunscreens typically do not contain the chemicals found in adult sunscreens. They use sunblock ingredients like titanium dioxide and zinc oxide that form a protective barrier on the skin without being absorbed. Don't use sunscreen on children younger than 6 months. Babies should be kept out of the sun.

People with sensitive skin or skin conditions like rosacea should use sunscreens designed for children.

Even the best sunblock does not protect you against the sun for more than an hour or two. Always reapply at least every 2 hours.



DIAL 911

Heat stroke often occurs from untreated heat exhaustion. If not treated immediately it can lead to permanent disability or death.

Heat stroke happens with prolonged exposure to high temperatures and dehydration affecting the body's temperature control system. Without the ability to cool down, the body's temperature can rise to life threatening levels.

Symptoms include throbbing headache, dizziness, lack of sweat, red, hot, dry skin, muscle weakness, nausea and vomiting, rapid heartbeat, shallow breathing, confusion, seizures, and unconsciousness.

If you suspect that someone has a heat stroke, immediately dial 911 and move the person to a cool environment.



**Group Benefit Solutions
580 Davidson Gateway Dr.
Davidson NC 28036
Phone:(704) 987-7979
www.gbs-benefits.com**

Heat Exhaustion

Heat exhaustion is a heat-related condition that occurs when you have been exposed to high temperatures for several days and become dehydrated. It's not as serious as heat stroke but can progress to heat stroke if not treated.

There are two types of heat exhaustion:

- Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion. Signs include nausea and vomiting, frequent muscle cramps, and dizziness.

*Other symptoms may include confusion, dark-colored urine, fatigue, pale skin, profuse sweating, and rapid heartbeat.

If you, or someone else, exhibits any of these symptoms, immediately get out of the heat and rest in an air conditioned room if available. Try to find the coolest place to rest. Drink plenty of fluids avoiding alcohol and caffeine, remove any tight fitting or unnecessary clothing, take a cool shower or bath, or apply any cooling measures such as fans or iced towels. If no change in your condition is noticed within 30 minutes, contact a doctor or emergency services. Heat exhaustion can lead to heat stroke.

After an episode of heat exhaustion, you'll probably be more sensitive to high temperatures. Avoid hot temperatures or outdoor activity for about a week.

Heat exhaustion is related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation hindering your body's ability to cool itself.

To prevent heat exhaustion, wear light colored, loose fitting clothing and a wide-brimmed hat. Stay hydrated by drinking extra fluids.

Honey-Glazed Sweet Potatoes

¼ C water 2 T brown sugar 2 T honey 1 T olive oil
4 large sweet potatoes cut into wedges pepper or herb of choice

Preheat oven to 375 degrees. Lightly coat a 9x13 inch baking dish with cooking spray. For the sauce; in a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth. Place a single layer of sweet potatoes in the baking dish. Pour the sauce over the potatoes coating them well. Cover and bake until tender, about 45 minutes. Turn the potatoes once while cooking. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes. Top with pepper or herb of choice.

Nutritional Analysis per Serving		Serving size: 2/3 Cup	
Calories	150	Cholesterol	0mg
Carbohydrates	31g	Sodium	42mg
Total fat	2g	Protein	2g
Saturated fat	<1g	Potassium	300g
Sugars	8g	Fiber	4g