

PLAY IT SAFE IN THE SUN



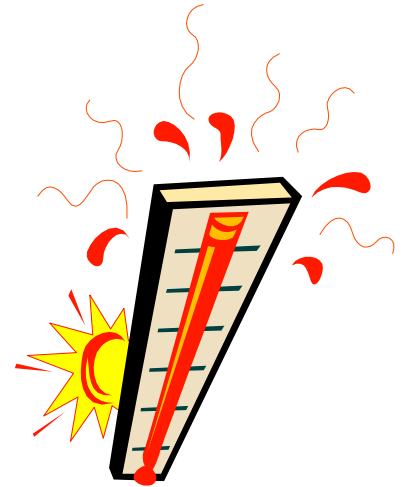
✦ **RESPECT THE SUN!** Use a “broad spectrum” sunscreen with a SPF of at least 15 whenever you are outdoors, even on cloudy days. Apply sunscreen 30 minutes before going outside - reapply every 4 to 6 hours and after swimming. Keep babies out of the sun, as sunscreens are not recommended for infants under 6 months.

✦ **DRINK PLENTY OF LIQUIDS.** Don't wait until you feel thirsty to drink - thirst is a sign that you are *already* dehydrated. Carry an insulated sports bottle with you so you can sip throughout the day. If you don't like drinking water, try flavored seltzer, lemonade, diluted fruit juice or iced herbal tea. Most fruits and vegetables are mostly water, so grab a bunch of grapes, crunch on an apple or munch on baby carrots.

✦ **WHEN IN DOUBT, THROW IT OUT** if you are unsure of a food's safety. Most organisms responsible for foodborne illnesses are odorless, colorless & tasteless, so foods that are spoiled may not look or taste bad. Food can spoil quickly in the summer heat ... so *keep hot foods hot and cold foods cold* to maintain foods at a safe temperature.

✦ **EXERCISE SAFELY.** Wear loose fitting clothing to allow circulation of air between your skin and the environment. Make sure everyone (children and adults) use protective gear (helmets and pads) when biking, rollerblading or using scooters.

✦ **WATCH OUT FOR HEAT STROKE.** When the body can't rid itself of excess heat, there is a sudden rise in body temperature. Symptoms appear rapidly: look for very hot and dry skin (no sweat), dizziness, nausea, confusion and unconsciousness. Move the person to a cool area, or immerse in/pour cool water over the person to lower the body temperature as quickly as possible. *Seek medical attention immediately:* heat stroke can be fatal.



✦ Use **INSECT REPELLENTS** that contain DEET only as directed by the manufacturer's instructions. Avoid prolonged and excessive use of DEET: frequent application and saturation of skin do not increase effectiveness, but will increase likelihood of adverse reactions. Do not apply on infants, and avoid applying higher concentration products directly to the skin of children. Do not use DEET on damaged skin (sunburn, cuts, eczema or psoriasis).

✦ **BE AWARE OF AIR QUALITY.** “Bad” ozone is formed in the lower atmosphere on warm sunny days, especially when there is little air movement, usually between the hours of 11:00 AM and 7:00 PM. Ozone quickly breaks down once the sun has set, although it is common to have many “smoggy” summer days in a row with high ozone levels. At highest risk for unhealthy respiratory effects of ozone exposure are children, the elderly and individuals with pre-existing lung problems, such as asthma. Call **1-800-782-0160** for a daily air quality message from the NJ Department of Environmental Protection.