Staying Safe This Summer

Spending time in the sun and participating in outdoor activities can be a lot of fun, but there are some risks to being outside during this time of year. The following tips can help ensure a fun and safe summer:

**Warmer Weather**
If you enjoy outdoor summer activities, stay safe while out in the heat by:
- Drinking plenty of water
- Taking frequent breaks from activity
- Limiting strenuous activity to the morning and evening hours

**Sun Safety**
While no one can completely eliminate sun exposure, you can take steps to minimize the damage caused by ultraviolet (UV) radiation:
- Avoid exposure when the sun is hottest: from 10 a.m. to 2 p.m.
- Use a broad-spectrum sunblock lotion with an SPF of 30 or higher
- Reapply sunblock every two to three hours that you are outdoors

**Eye Damage**
The same UV rays that can damage your skin can harm your eyes, putting you at risk later in life for cataracts and age-related macular degeneration. To reduce your risk, the American Academy of Ophthalmology recommends that you:
- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays
- Wear a wide-brimmed hat, which will shade your eyes and protect the skin on your face

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