

Summer Safety Tips

for

Seniors

1 Stay hydrated

Tasty summer cocktails are definitely tempting, but remember: Alcohol increases dehydration. Make sure to drink plenty of water and sports drinks with electrolytes so that you stay hydrated and decrease the risk of heat exhaustion.



2 Dress smart

If you are planning on spending significant time outdoors on a hot day, dress appropriately. Avoid dark colored clothing and thick fabric to stay cool and fresh.



3 Protect yourself

The sun is very strong during the summer. Too much exposure to UV rays can damage seniors' skin and increase risk of developing skin cancer. To keep your skin safe from the sun's damaging effects, apply sunscreen that is broad-spectrum, water-resistant and has an SPF of 30 or higher.



4 Beat the heat

The middle of the day is when the sun tends to be the strongest. To stay safe from the sun's powerful rays, the American Academy of Dermatology recommends avoiding direct sunlight between 10 a.m. and 2 p.m.



5 Take precaution with medications

Medications can sometimes cause increased sun sensitivity. Be sure to know how your prescriptions may affect you before spending prolonged time in the sun.

