

Wellness InSTALLments

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July

UV Index



Low

Safest UV Level. If you burn easily, use sunscreen. Wear sunglasses when bright!



Moderate

Take precaution. We suggest sunscreen & protective clothing during midday.



High

Protection needed! Apply sunscreen every 2 hours and avoid the sun from 10am-4pm.



Very High

Serious precautions needed! Combine all previous protection measures.



Extreme

All precautions are necessary! Unprotected skin will burn within minutes.

Wellness Tip

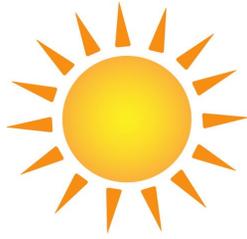
Use a lotion instead of a spray! Spray sunscreen users only use 1/4 of the sunscreen needed since it's harder to see how much you've applied.

Question of the Month

Name one consequence of getting too much sun exposure, besides sunburns.

RSVP on [Eagle Link](#) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

It's a Just A Little Sun...Right?



Summer is here! Spending time outside can be a great way to make the most out of this summer; you can get physically active, get some vitamin D, and have fun. However, it is important to consider ultraviolet (UV) rays when you are spending time outside. UV rays are a type of invisible radiation that come not only from the sun, but also from tanning beds, and sunlamps. **Too much exposure to the these**

rays can lead to sunburns, heat exhaustions and strokes, premature aging, cataracts, and skin cancer. According to the Skin Cancer Foundation, having experienced five or more sunburns can double an individual's risk of developing melanoma. Also, 1 in 5 Americans will develop skin cancer by the age of 70. It is important to know the dangers that the hot Florida sun can pose. So, before you head off to the SoVi pool, the waterfront, the beach, or even on outdoor walk let's look at a few ways you can keep yourself safe in the sun!

How to Be Sun Smart!

Skin Protection

Apply sunscreen!

Before you go outside, apply a broad spectrum sunscreen with a SPF of 15 or higher and reapply every 2 hours. Make sure you are covering all exposed skin and get help with those hard-to-reach places, like your back.

Wear protective clothing!

Check the UV index to see what protection measures you should use. Some options to protect yourself include sunglasses, hats, umbrellas, and breathable long sleeved shirts.

Heat Protection

Stay cool!

Use strategies to prevent getting too hot, such as: moving to the shade or an air-conditioned place, taking a cool shower or using cold compresses, and drinking plenty of fluids to stay hydrated.



Heat Exhaustion vs. Heat Stroke

Florida can heat up quickly in the summer time and so can you. Let's take a look at different signs and symptoms of heat exhaustion and heat stroke to prepare for your next day out!

Heat Exhaustion

- Faintness
- Dizziness
- A lot of sweating
- Rapid & weak pulse
- Muscle cramps
- Pale and clammy skin

Heat Stroke

- Throbbing headache
- Possible fainting
- Red, hot, and dry skin
- Rapid & strong pulse
- No sweating

On average, there are over 702 heat-related deaths every year in the U.S, according to the CDC. If you or others experience any of these symptoms and suspect a heat stroke, call 911!

