

EXERCISING SUMMER FUN SENSE CAN SAVE CENTS

Longer days and warmer weather allow us all to enjoy more time outdoors and that means more time being exposed to the effects of the sun. Your good health is important to Kent County not only for customer service and delivery of service reasons, but in order to maintain stable health insurance premiums for everyone. Prevention is key to avoiding the dangers and pitfalls of too much sun exposure. Making the right decisions now can help contain insurance costs and save you or a loved one a lot of pain.

Following are some things to keep in mind, especially for young children and the elderly.

- **ALWAYS USE SUN BLOCK** – for effective sun protection, apply sunscreen with an SPF of 15 or higher at least 30 minutes prior to going out in the sun and then reapply every two hours. You would also need to reapply after swimming, toweling off, or sweating a great deal.
- **WEAR PROTECTIVE CLOTHING** – cover areas such as your scalp, neck, ears, and eyes with a hat that has a wide 4 inch brim; wear sunglasses with UV ray protection; and wear loose-fitting, tightly woven clothing to cover arms and legs or clothing that is manufactured with sun protective fabric.
- **HYDRATE** – make sure to drink plenty of fluids, especially water, to avoid dehydration, heat exhaustion, and heat stroke. Heat exhaustion may occur when your body lacks the necessary fluids to sweat enough to cool down. Symptoms include dizziness, fatigue, and nausea. Heat stroke may then result from heat exhaustion and presents as hot and red skin, lack of sweat, high fever, confusion, and possibly unconsciousness.
- **STAY COOL** – avoid strenuous work and exercise during the heat of the day. Sun exposure is best avoided between 10:00 a.m. and 2:00 p.m. During periods of oppressive heat, if fans or air conditioning are not available, seek out indoor attractions such as visiting a museum or your local library, window shopping at the local mall, or enjoying a matinee.

With these simple measures in place you and your loved ones can enjoy a safe, happy summer!

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