



Mille Lacs Health System

Be sun smart this summer

For those of us who live in Minnesota, when summer finally comes and we can go bare-armed and bare-legged in shorts and tees, we are the happiest people ever. The last thing on our minds as we toss our coats into totes is being careful of getting too much sun. We are so deprived much of the year, it's understandable. But. Don't be so quick to run out the door with your hair in a pony and your flip-flops flying. Remember sunscreen.

We know you know this. But it doesn't hurt to be reminded. **Remember the sunscreen.**

- ◇ **Seek a shady spot. Especially if you have kids and pets in tow.**
- ◇ **Download an app that tells you what the UV index is in your area. If it's 3 or more, be armed with higher SPF protection.**
- ◇ **UV rays reflecting off water can be as strong as direct sunlight.**
- ◇ **Your eyes can get sunburned, so wear the right kind of sunglasses. You should also use lip balm with SPF too.**
- ◇ **Some fabrics give better protection, like linen and cotton. And there are summer clothing lines that have an ultraviolet protection factor (UPF) - they're treated to block UVB rays.**

If you think you or someone else is experiencing symptoms of heatstroke, head to our ER/ Urgent Care right away.

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