

SUMMER HAZARDS

WHAT YOU SHOULD KNOW

Sun Protection

Apply sunscreen even when cloudy.

Exposure depends on the angle of the sun, not the temperature outside. Reapply sunscreen every 2 hours and after you get out of the water (even "waterproof" sunscreen).

Sunscreens have an expiration date, and heat can accelerate it.

If stored in a hot place, such as a car trunk, toss it! It may cost you a few bucks, but the fresh sunscreen is likely to work better.



A dry t-shirt has a sun protection factor (SPF) of about 7.

This falls to about 3 if it gets wet. If you plan to rely on your t-shirts for sun protection try washing them with SunGuard. That product, added to your laundry, increases the SPF of shirts to 20 or 25, similar to sunblock.

Poison Ivy

You can get it from your clothes or your pets.

Wearing long pants and socks provides excellent protection...but wash them afterwards. The oil can stick to clothes and still be potent later. Most pets are immune, but they can also get the oil on their fur.



Waste no time and wash the exposed area soon after contact.

The sooner you wash your skin, the more oil you will get off. And the more oil you get off your skin, the milder the rash will be.

Poison ivy can be a vine on a pole, not just a plant.

(It does always have 3 shiny leaves, though.) You should probably avoid contact with any leafy plant you are unsure of, just to be on the safe side. Sticking to paths should keep you safe from poison ivy, poison oak, ticks, and the occasional landshark.

Ticks

Use tick repellent and wear long pants tucked into your socks.

Check for ticks daily if you walk in infested areas. A partner or a close friend can use a magnifying glass to help look.



If you do get bit,

KEEP THAT TICK!

Remove the tick from below, not by squeezing their bodies. Put it in a pill container with a green leaf. If you get a bullseye-shaped rash and/or flu-like symptoms, bring the tick with you to the doctor. (It may not prove useful, but bring it anyway.)



HARVARD
MEDICAL SCHOOL

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