



# VitaMin

Vital health information in a minute!

## Outdoor safety

# Safe ways to have fun in the sun.

### Sun safety

Skin cancer is the most common type of cancer in the United States. The good news is there's a lot you can do to protect yourself and your family.

#### What causes skin cancer?

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. The most common ways that you can be exposed to UV rays are the sun and indoor tanning lamps.

#### Sun protection 101

Protect yourself from harmful UV rays every day. Here are some useful protection tips:

- **Cover up**

Wear clothing to protect as much of your skin as possible. But beware – covering up doesn't block out all UV rays.

- **Put on sunscreen**

Use sunscreen with a sun protection factor (SPF) of 30 or higher. For best results, apply every two hours.

- **Wear sunglasses**

Protect your eyes and the delicate skin around them with UV-blocking sunglasses. Large, wraparound frames help provide the best protection from every angle.

- **Wear a hat**

Top off your sun protection with a hat. Wear one with at least a two- to three-inch brim all around for the best protection.



### Tick tips

Ticks are small spider-like animals that bite your skin to feed on blood. Most tick bites occur from early spring to late summer, in places where there are lots of wild animals and birds.

#### Avoiding ticks

Here are some quick tips to avoid tick bites:

- If you're in an area where ticks might live, examine your skin and scalp as soon as you get home. Check your pets, too.
- Use insect repellent – but use it safely and read the label carefully.
- Cover as much of your skin as possible when working or playing in grassy or wooded areas.

#### Removing ticks

Most tick bites don't cause serious diseases. But it is important to remove a tick as soon as you find it. Here's the best way to do so:

- Use tweezers. If you don't have tweezers, wear gloves or cover your hands with tissue paper and use your fingers.
- Grab the tick close to its mouth (where it's stuck to your skin). Don't grab around its bloated belly.
- Pull the tick straight out until its mouth lets go of your skin. Don't twist it, which can cause the tick's head to separate from its body.

Sources: [www.healthfinder.gov](http://www.healthfinder.gov); [www.cancer.org](http://www.cancer.org); [www.aad.org](http://www.aad.org) and [www.WebMD.com](http://www.WebMD.com).