

skin safety

PROTECTING YOUR SKIN

Too much sun can cause skin cancer and premature aging.

Limit your direct sunlight between 10:00 AM and 2:00 PM

Use sunscreen with at least a rating of SPF 15 and protects against UVA and UVB rays

Reapply sunscreen every 60 to 90 minutes

If swimming reapply sunscreen every 40 minutes or as indicated on the label.

PROTECTING YOUR EYES

Eyes also need protection from the sun

Wear sunglasses with UV protection that absorbs 90 percent of UV sunlight

PROTECTING YOUR EARS

Swimmer's ear is caused by too much moisture in the ear. If your ear is painful or swollen or if you have a feeling of "fullness" in the ear or even mild hearing loss, see your doctor. To protect your ears:

After swimming, get the water out of your ears. Shake your head, tilt your head and hop up and down on one foot, or use a towel to gently wipe the outer ear. You can also use a hair dryer on a low setting. Gently pull down your ear lobe and carefully blow warm air into the ear from several inches away.

Eardrops can help dry the ear canal. Ask your doctor or pharmacist to recommend one.

If you swim frequently, wear a swim cap or wet suit hood, especially for surfing or sailboarding.

Do not use wax-type earplugs. They may damage the ear canal and make infection more likely. Silicone earplugs give better protection.

Do not scratch, touch, or put anything into your ears. This could bring germs into the ear or puncture the eardrum.

