



## Be sun savvy

### Description

**Summers in the Southern Hemisphere can be brutal, and it's essential to enjoy the sunshine responsibly. Here are a few practical tips to ensure you and your family stay safe in the sun.**

Staying protected from the sun's harmful UV rays begins with wearing appropriate gear.

default watermark



### **Cover up**

Opt for lightweight, long-sleeved tops and protective swimwear made from UV-blocking materials. Don't forget a wide-brimmed hat that shields your face, ears, and neck. And try to stay under the umbrella whenever possible!

### **Block it out**

Sunscreen is non-negotiable. Apply a broad-spectrum sunscreen with an SPF of at least 30 generously

to all exposed skin (even on cloudy days), and reapply every two hours and after swimming. For young children and those spending extended periods outside, sunscreen sticks and sprays are convenient for quick touch-ups – and don't forget to apply to your hands!



### **The magic of H<sub>2</sub>O**

Hydration is equally crucial in warm weather. Carry a water bottle with you and sip regularly throughout the day, especially if engaging in outdoor activities. Incorporating hydrating fruits such as watermelon and cucumber into your meals also helps keep water levels balanced.

## Beat the burn

In case of sunburn, act swiftly. Gently cool the skin with a clean, damp cloth or cool bath, taking care not to rub the affected areas. Use aloe vera gel or a specially formulated after-sun lotion to soothe your skin, and avoid any further sun exposure until the burn heals. If symptoms such as blisters or fever develop, promptly seek medical advice.



## Keep it cool

Plan your outdoor activities wisely by staying in the shade during peak sunlight hours (11am to 4pm). This reduces your exposure to intense UV radiation while allowing you to enjoy time outdoors safely.

This summer, stay sun smart by following these simple yet effective steps. A little caution ensures you'll create joyful holiday memories without compromising your health.

### **Category**

1. Our Lifestyle

default watermark