How to Be Safe When You're in the Sun

The weather is warming up, the days are longer and there's more time to be outside doing all kinds of fun things!
But if you're going to be out in the sun, especially on a hot day, you need to stay safe. Let's find out how.

Don't Feel the Burn
You don't need to hide from the sun completely or wrap up like a mummy to protect yourself. But you should take these two steps:
- Always wear sunscreen.
- Take frequent breaks from the sun by going indoors or moving into the shade.

These steps are especially important between **10:00 in the morning and 4:00 in the afternoon**, when the sun's rays are strongest.
Use a sunscreen with an SPF rating of 30 or higher. Put on sunscreen 15 to 20 minutes before going out in the sun.
Don't forget that your eyes need protection from ultraviolet rays, too. Always wear sunglasses in the bright sun, and make sure they have a label saying that they block UV rays.

Drink Up!
Drinking water is an important part of staying healthy, especially when it's hot outside. When you're sweating, you lose water that your body needs to work properly. And if you're playing a sport or running around in the sun, you lose even more water, because you sweat that much more.
So drink up and don't wait until you're thirsty

Got That Hot Feeling?
If you're out in the hot sun or you're exercising on a hot day, you might feel overheated, tired, and weak. If you do, sit in the shade and have a drink of water.
Be sure to tell an adult if you have a headache or feel dizzy or nauseated

The good news is that the sun doesn't have to be your enemy if you wear your sunscreen, drink your water, and take breaks when you start to feel too hot. And don't forget your sunglasses. Not only do they protect your eyes from the sun, they make you look so cool!