

# STAY HEALTHY. GET A TAN WISELY



## SUNNY SUMMER!

Summer brings us a lot of joy: beautiful bright colors and of course – the sun! Sunlight has a positive impact on our mood, immune system and beauty – sun tan.

However it's important to remember that staying in the sun for long may harm you.

15 minutes in the sun are considered enough to make vital support to humans. When on vacation stay in the sun before midday and after 4pm to avoid strong sun radiation to your skin and eyes.

## How to protect the eyes?

Sure with the help of sunglasses. It's important to understand, that the protection level depends on the elementary composition and thickness of the glass and not the degree of the lenses' darkness. In some optical shops there is special equipment that helps verify the UV protection.

## How to protect the skin?

Choose the sunscreen products with UVA and UVB mark and SPF not less than 15.

## Why it's important?

The UVA and UVB tags mean that the product screens these types of ultraviolet.

UVA is the most dangerous. It doesn't enhance the tan but penetrates deeply into the skin and may cause premature aging or even malignancy. When staying long in the sun, the UVB may cause sunburns.

Please mind that the sunscreen products are not intended to extend your stay in the sun but to provide additional protection to your skin. Note there's no product that provides 100% protection. Thus, light skinned people should minimize their stay in the sun. Sunscreen products with vitamin A should be eliminated.

The right way to use the products:

- Apply 15-30 minutes prior to going into the sun (repeat every 2 hours).
- Apply the product again after bathing.

## How to protect children?

For children the sunscreen rules are stricter as they are more sensitive to sun radiation:

- Keep the head and shoulders covered;
- Spend more time in the shadow;
- Do not apply the sunscreen products on infants under the age of 6 months; the best protection for them is shade.

If in spite of all preventive measures the skin grew red and inflamed the treatment of sunburn is required, and it's essential to prevent its consequences (wheal, itching and peeling).

The first aid is cool pack with water or green tea for 15-20 minutes. The room temperature water bath is advised. Both procedures twice a day reduce pain and recover the skin. Drink a lot of water. Do not use scrub and soap it may extend inflammation. If you feel weak take paracetamol.

If you experience nausea and headache - the symptoms of the heat stroke or forthcoming sunstroke, call a doctor immediately.

If your child got sunburnt, call a doctor immediately, without trying to manage the burns yourself.

**Keep healthy!**