



REMINDER

Summer Outdoor Activities

Description of Issue and Importance

Summer is a great time for outdoor activities, but proper precautions are needed to promote safety.

Recommended Action and Prevention Strategy

- Dress according to the weather conditions; broad-brimmed hats and tightly woven clothing that cover arms and legs offer some protection. Use an umbrella or shade if in the sun for an extended period.
- Apply sunscreen liberally 30 minutes before going out in the sun and every two (2) hours while out, or more frequently if washed away by perspiration or water. Use sunscreen even on cloudy or hazy days. Apply sunscreen before applying insect repellent. Apply insect repellent as per directions on container.
- Limit time in the sun between 10:00 am and 4:00 pm when the sun's rays are the strongest.
- Watch for changes in skin color frequently while outdoors. Sunburn can happen quickly, depending upon skin pigmentation, complexion, medications, wind factors, and sun rays. Remember that certain medications make people more susceptible to sunburn.
- When activities require physical exertion and endurance, be prepared to check breathing and pulse.
- Make sure that plenty of fluids are available and consumed as needed, including before the outdoor activity.
- Take a phone in case of emergency. If there are first aid stations nearby, learn the locations in advance.
- Be aware of common allergies to plants such as poison ivy, oak and sumac. Be able to identify and avoid these plants. If an individual is exposed to these plants, wash the area thoroughly and watch for rash.

- When participating in outdoor activities, particularly in wooded areas, check individuals for ticks.
- Provide constant supervision when around water. Flotation devices are NOT a substitute for supervision.

Related Resources

“Heat Related Illnesses” and “Sun Safety” Reminders

References

American Academy of Dermatology. *Poison ivy, oak & sumac*. Retrieved 10/12/2015 from: <https://www.aad.org/dermatology-a-to-z/diseases-and-treatments/m---p/poison-ivy>

Glazer, J. L. (2005). *Management of heatstroke and heat exhaustion*. *American Family Physician*, 71 (11), 2133-2140. Retrieved 10/12/2015 from: <http://www.aafp.org/afp/2005/0601/p2133.html>

U. S. National Library of Medicine: MedlinePlus. *Sunburn*. Retrieved 10/21/2015 from: <https://www.nlm.nih.gov/medlineplus/ency/article/003227.htm>