



HFNY Safety Tips

SUN Safety

Clothing



- Choose lightweight, light-colored, loose-fitting clothing.
- For the most protection, wear a hat that has a brim that shades your face, ears, and the back of your neck.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunscreen



- Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has a SPF 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin.
- Sunscreen wears off, so reapply if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.
 - Sunscreen is not recommended for babies who are 6 months old or younger.

Car Tips



- Never leave infants or children in a parked car, even if the windows are open.
- Cars can heat up to dangerous temperatures very quickly.
- Leaving a window open is not enough. Temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes.
- Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.

Stay Safe
in the Sun

Hydrate



- Drink more water than usual and don't wait until you're thirsty to do so.
- Know the signs of dehydration such as: weakness, headache, muscle cramps, dizziness, confusion, and passing out.
- If you are dehydrated, you can also drink sports drinks that contain electrolytes. Electrolytes are salts and other minerals that are important for hydration.

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