



# SAFETY MATTERS

## STAY SAFE IN THE SUN

The summer is a great time to get outside and have some fun, but the summer sun can have its disadvantages. Prolonged or intense exposure in hot temperatures can cause heat-related illnesses such as:



Heat exhaustion—occurs when the body loses large amounts of water and salt.

Heat cramps—can strike when the body loses excessive amounts of fluids and salt, and is accompanied by the loss of other essential nutrients such as potassium and magnesium.

Heat stroke—most serious of the heat-related illnesses occurs when the body suffers from long, intense exposure to heat and loses the ability to cool down itself.

By reducing excessive exposure to high temperatures and taking other precautionary steps, most heat-related illnesses can be avoided. Prevention is your best defense to protecting your health when temperatures are extremely high. Remember to keep cool and use common sense. Below are some important prevention tips to follow:

- Drink plenty of fluids, regardless of your activity level - don't wait until you feel thirsty and don't drink liquids that contain caffeine, alcohol, or large amounts of sugar — these actually cause you to lose more body fluids.
- Wear appropriate clothing - choose lightweight, light-colored, loose-fitting clothing, a wide-brimmed hat, and sunglasses.

- Schedule outdoor activities carefully - plan your activities during morning or evening hours rather than during the sun's peak times. Also, try to find as much shade as you can and rest often.
- Pace yourself - if you're not accustomed to being in heat, don't push your body to stay out in it all day.

### Play it Safe in the Sun

Use the American Cancer Society's safe sun basics

- Wear Protective Clothing
- Put on Sunscreen
- Cover Up

Just a couple of very serious sunburns can increase your risk on skin cancer, especially when you are younger.

If you have lighter colored skin you are more likely to burn and potentially increase your chances of developing melanoma.

Be more cautious if you:

- Have lots of moles
- Have freckles
- Are fair-skinned
- Have been treated for skin cancer or have a family history
- Are taking certain medications (consult your doctor for more information)



### Treatment for Minor Sunburns

- Use cool cloths on sunburned areas
- Take a cool shower or bath
- Apply lotions that contain aloe vera. Topical steroids like 1% hydrocortisone cream can help with swelling and pain.



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- A sunburn can cause a mild fever and a headache.
- Lotion can help with itching when the skin starts to peel

## Care of Blisters

Home treatments may help decrease pain, prevent infection, and help heal skin.

### Small, Unbroken Blisters

- Don't try to break blisters, let them heal on their own.
- Do not cover blisters unless something such as clothing can rub against them. Cover lightly with loose bandages.
- Try not to rub or hit the blisters.

### Large or Broken Blisters

Large blister will probably break before they begin to heal.

- Always wash your hands before touching a large blister.
- If you have to drain a large blister, due to location, clean a needle with rubbing alcohol and gently puncture the edge. Press the fluid out of the blister towards the hole. Wash the blister after you have drained it and then pat it dry.
- Never remove the skin flap, unless it tears or gets dirty.
- Use antibiotic ointment and loosely wrap with bandage or gauze. Change the bandage everyday or if it gets wet or dirty.
- Change the bandage every day and any time it gets wet or dirty. You can soak the bandage in cool water just before removing it to make it less painful to take off.
- Avoid wearing clothes or shoes or doing activities that rub or irritate the blisters until they have healed.
- Watch for a skin infection while your blister is healing.



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## MANTÉNGASE A SALVO DEL SOL

**E**l verano es una estación estupenda para salir y divertirse, aunque el sol en esta época del año tiene sus desventajas. La exposición prolongada o intensa a temperaturas calientes puede causar enfermedades relacionadas con el calor, como:



**Agotamiento causado por el calor:** ocurre cuando el organismo elimina gran cantidad de agua y sal.

**Calambres a causa del calor:** pueden sobrevenir cuando el organismo elimina mucha cantidad de líquidos y sal, junto con la eliminación de otros nutrientes esenciales, como potasio y magnesio.

**Insolación (hipertermia):** la más grave de todas las enfermedades relacionadas con el calor ocurre cuando el organismo sufre una exposición larga e intensa al calor y pierde la capacidad de enfriarse por sí mismo.

Si se reducen las exposiciones excesivas a las altas temperaturas y si se toman otras medidas preventivas, la mayoría de las enfermedades relacionadas con el calor pueden prevenirse. La prevención es su mejor defensa para proteger su salud cuando las temperaturas estén extremadamente altas. Recuerde que debe mantenerse fresco(a) y utilizar el sentido común. A continuación enumeramos algunos consejos preventivos que se deberían seguir:

- Beba muchos líquidos, independientemente de su nivel de actividades: no espere hasta que sienta sed y no beba líquidos que contengan cafeína, alcohol ni mucha cantidad de azúcar (éstos en realidad le hacen eliminar más líquidos corporales).
- Vístase adecuadamente: escoja prendas de vestir que sean livianas, de colores claros y sueltas, un sombrero de ala ancha y gafas de sol.
- Programe cuidadosamente las actividades al aire libre: planifique sus actividades durante las horas de

la mañana o de la noche, en vez de realizarlas durante las horas cuando el sol esté en su apogeo. Asimismo, procure protegerse en lugares sombreados lo más que pueda y descanse a menudo.

- Hágalo con calma: si no está acostumbrado(a) a estar en el calor, no le exija al cuerpo que permanezca a la intemperie todo el día.

### Programe su estadía en el sol sin peligros

Utilice los fundamentos de seguridad solar de la Sociedad estadounidense del cáncer

- Póngase vestimentas de protección adecuadas
- Póngase protector solar
- Cúbrase

Justo un par de quemaduras de sol graves puede aumentarle el riesgo de cáncer cutáneo, particularmente cuando está joven.

Si usted es de piel clara tiene mayores probabilidades de quemarse y potencialmente aumentar sus probabilidades de desarrollar melanoma.

Actúe con mayor cautela si:

- Tiene muchos lunares
- Tiene pecas
- Tiene la piel clara
- Ha recibido tratamiento para cáncer de la piel o si existen o existieron casos de él en su familia
- Está tomando ciertos medicamentos (consulte con su médico para mayor información)



### Tratamiento para eritemas solares (quemaduras de sol) menores

- Utilice vestimentas frescas en las áreas quemadas por el sol
- Báñese con agua fría en la ducha o en la bañera
- Aplíquese lociones que contengan Sábila (áloe vera).



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Los esteroides tópicos, como la crema de hidrocortisona al 1%, pueden ayudarle(a) a aliviar la hinchazón y el dolor.

- Una quemadura de sol puede causar una fiebre leve y dolor de cabeza.
- Las lociones pueden servirle para aliviar la picazón cuando la piel comience a pelarse

## Cuidado de las ampollas

Es posible que los tratamientos caseros reduzcan el dolor, prevengan infecciones y contribuyan a la cicatrización de la piel.

### Ampollas pequeñas sin reventar

- No intente reventar las ampollas; déjelas que se curen por sí mismas.
- No cubra las ampollas, a no ser que algo, como una prenda de vestir, pueda ejercer fricción sobre ellas. Cúbralas ligeramente con vendajes holgados.
- No intente frotar ni golpear las ampollas.

### Ampollas grandes o reventadas

Las ampollas grandes probablemente se reventarán antes de que comiencen a cicatrizar.

- Lávese siempre las manos antes de tocar una ampolla grande.
- Si tiene que drenar una ampolla grande, debido al sitio en que se encuentra, desinfecte una aguja con alcohol de frotar (alcohol isopropílico) y perforo el borde suavemente. Presione el líquido para sacarlo de la ampolla por el agujero. Lave la ampolla después de haberla drenado y luego déle golpecitos para secarla.
- Nunca le quite el pellejo, a no ser que se rompa o se ensucie.
- Utilice una pomada antibiótica y colóquele un vendaje o gasa que no aprieten. Cambie el vendaje todos los días o cuando se moje o se ensucie.
- Puede empapar el vendaje con agua fría justo antes de quitarlo para que no sea tan doloroso cuando lo quite.
- Procure no usar vestimentas ni zapatos ni llevar a cabo actividades que rocen ni irriten las ampollas hasta que se hayan cicatrizado.
- Esté pendiente por si se presentan infecciones cutáneas cuando la ampolla esté en proceso de cicatrización.



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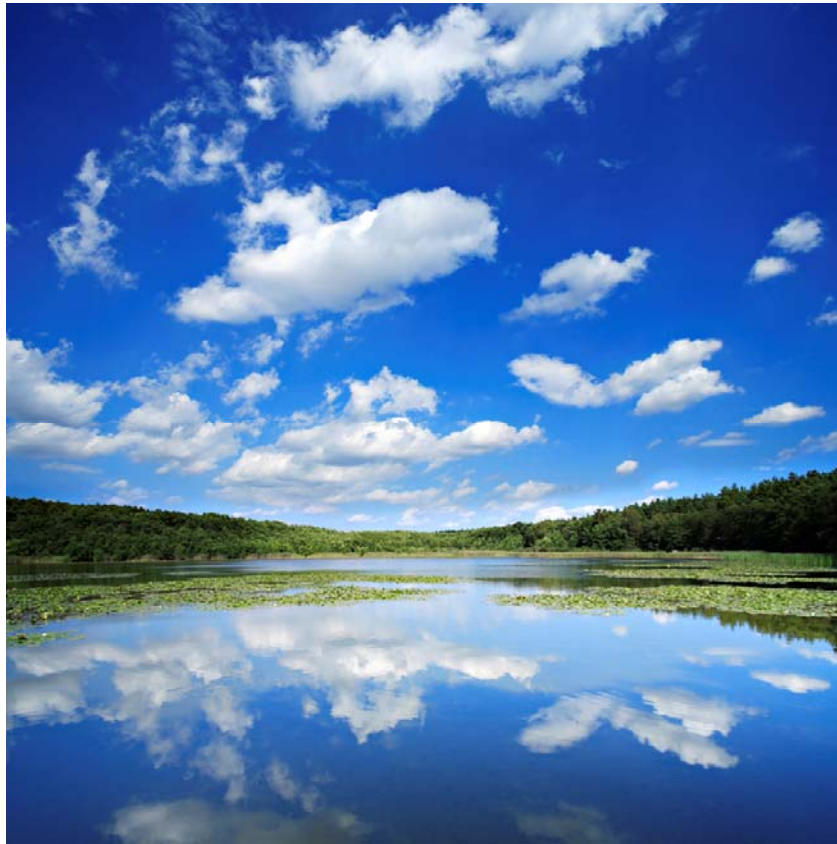
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- . Pace yourself**



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