

The sun is beautiful, but may not be your friend...

Warmer weather is finally here and after the winter we just had, it is very welcoming! With temperatures increasing and the sun shining longer and longer each day, make sure you protect yourself from the sun's harmful rays. If you are planning to enjoy a beautiful day outdoors, try to limit your time in the direct sunlight and remember these helpful tips:



Avoid the sun during peak hours – Generally, this is between 10:00 AM and 4:00 PM when the sun's rays are strongest and most damaging.

Stay hydrated – If you are participating in sports or other types of physical activities while out in the sun and heat, remember to stay hydrated. Drinking water helps to keep your body cool and helps to prevent you from getting heat stroke.

Use sunscreen – Most people like to have a nice tan in the summer, but being out in the sun with your skin unprotected is not safe. Sunscreen is important to protect your skin from the ultra violet (UV) rays from the sun. There are two kinds of UV radiation that hit your skin when you're in the sun: UV-A and UV-B. UV-A can reach deep into your skin and causes skin aging; UV-B is the kind that gives you sunburn.

Sunscreen tips: When choosing a sunscreen it is important to understand what you are reading. The sun protection factor (SPF) will tell you about how long it will take for the UV-B rays to penetrate the skin. Unprotected skin will start to get red in about 10 minutes, but using sunscreen with an SPF of 30 means it would prevent this from happening for about 300 minutes, which is 30 times longer. If it says "Broad Spectrum" that means it will also block UV-A rays in the same proportions that SPF blocks UV-B.

Protect your eyes – The sun's UV rays can also cause a number of eye problems overtime if your eyes are not protected. UV-A can hurt your central vision by damaging the macula (part of the retina) at the back of your eye. UV-B can damage the front part of your eye (the cornea and the lens). Overtime, you could develop macular degeneration which can lead to vision loss or cataracts which is a clouding of the eye's natural lens. Protect your eyes by wearing sunglasses and not looking directly into the sun.

Upper Peninsula State Bank has various products and services, such as **online banking** and **mobile remote deposit capture**, which allow you to do your banking **wherever you go**. Enjoy the sun but please keep these helpful tips in mind!

References:

- MacGill, Markus. "Which sunscreen should I use?" *Medical News Today*. n.p. 18 June 2018. Web. 6 June 2019. <https://www.medicalnewstoday.com/articles/306838.php>
- Tallmadge, Katherine. "13 Tips for Staying Hydrated in the Summer Heat (Op-Ed)." *LiveScience*. n.p. 30 July 2013. Web. 7 June 2019. <https://www.livescience.com/38553-staying-hydrated-in-the-heat.html>
- Pradero, Caroline. "Why experts say you should avoid sunscreen higher than SPF 50." *Business Insider*. n.p. 31 May 2017. Web. 6 June 2019. <https://www.businessinsider.com/do-high-spf-sunscreens-work-better-50-2017-5>
- Mayo Clinic Staff. "Best sunscreen: Understand sunscreen options." *Mayo Clinic*. n.p. 21 May 2019. Web. 6 June 2019. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/best-sunscreen/art-20045110>
- "How Can UV Rays Damage Your Eyes?" Prevent Blindness. Prevent Blindness. n.d. Web. 9 June 2019. <https://www.preventblindness.org/how-can-uv-rays-damage-your-eyes>