



Sun Sensitivity

- Often called a sun allergy or photosensitivity
- An exaggerated skin reaction to sunlight or indoor fluorescent lighting

A person with sun sensitivity often breaks out into an itchy red rash or hives when exposed to sunlight. The amount of exposure needed to cause a reaction varies from person to person. This can be caused by common medications, perfume, cosmetics or even sunscreen.

COMMON DRUGS THAT CAN CAUSE PHOTOSENSITIVITY:

Brand Name:

Motrin
 Crystodigin
 Sinequan
 Cordarone
 Bactrim
 Diabinese
 Feldene
 Vibramycin
 Phenergan

Generic Name:

ibuprofen
 digitoxin
 doxepin
 amiodarone
 trimethoprim
 chlorpropamide
 piroxicam
 doxycycline
 promethazine

Important Numbers To Know:

Emergency: 911

Poison Control: 1-800-222-1222

Fire Dept: _____

Police Dept: _____

Ambulance: _____

Hospital: _____

Pharmacy: _____

Supervisor on-call: _____

**Community Health Connections**

120 Hollywood Drive, Suite 201. Butler PA, 16001

724-283-0990. www.hcqu.org

Protection from the Sun

Ultraviolet Radiation and UV Rays

Ultraviolet radiation or UV rays from the sun are strongest in the summer. They appear to be the biggest factor in developing skin cancer, especially melanoma, the most deadly type of skin cancer.

- UVB light is primarily responsible for causing sunburns
- UVA light penetrates the skin and causes tanning

Protect Yourself With Sunscreen

The SPF (sun protective factor) of sunscreen informs users how well the product protects against UVB rays.

- Use a sunscreen with an SPF rating of 15 or higher.
- Apply to your skin thirty minutes before you go outside.
- Reapply after swimming or toweling off.
- Use sunscreen even on cloudy days.
- Reflective surfaces (water, cement, and sand) can increase your chance of sunburn.

SUN SAFETY TIPS:

- Wear appropriate clothing to protect any areas of exposed skin:
 - Light colored
 - Long-sleeve shirt, long pants
 - Tight weave
- Wear a wide brimmed hat and wrap around sunglasses that block both UVA and UVB rays.
- Seek shade, especially from 10a.m.– 4p.m when UV rays are strongest.
- Apply lip balm with an SPF factor.

Did You Know...?

Heat exposure caused 3,442 deaths in the United States from 1999-2003.

Stay Cool & Hydrated

Even healthy people can fall victim to summer heat. However, the elderly, young children and people with chronic health problems are most at risk. Following these few simple precautions can reduce anyone's risk:

- Drink plenty of fluids, regardless of your activity level. **If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him/her how much you should drink while the weather is hot.**
- Don't wait until you are thirsty to drink.
- Avoid beverages containing alcohol or large amounts of sugar—these actually cause you to lose more body fluid.
- Limit outdoor activities to the morning or evening hours when temperatures are cooler.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or moving to an air conditioned place are much better ways to cool off.
- **Never** leave anyone alone in a vehicle.

Protection Against Insects

Using a Bug Repellent

The best defense against mosquito and tick bites is applying an insect repellent containing an EPA-registered active ingredient, such as Deet. Follow the directions on the package and reapply to your skin and clothing as directed.

BITE PREVENTION FACTS & TIPS:

- It is recommended to apply sunscreen first, followed by repellent.
- Wear long-sleeve shirts, long pants, and socks whenever possible.
- The risk of West Nile virus (WNV) increases during the summer and fall. It is spread by infected mosquitos.
- Mosquitoes that spread WNV are most active at dusk and dawn.
- Plan indoor activities during peak mosquito hours or wear repellent and long sleeves and pants while outside.
- Ticks are often found in long grass and brush.
- Always check yourself and others thoroughly for ticks after being outside.
- Don't forget to check your pets for ticks too.

For More Information:

Contact:

The Centers for Disease Control and Prevention (www.cdc.gov). Or the Food and Drug Administration (www.fda.gov)

Sources: CDC, FDA, Web MD