

# BE SUN SAFE

Protect you and your family.

## Beat the heat quiz

Summertime is a great time to get outdoors and enjoy the sunshine. But dehydration and sunburn can quickly spoil the fun if you're not careful. Test your sun smarts and learn a few new tricks for a safe season.

### True or false

- 1 You can get a sunburn through a window or sunroof.**  
**True.** UVA rays can get through glass. Remember to apply sunscreen when you're hitting the road or sitting by a sunny window indoors.<sup>1</sup>
- 2 All sunglasses offer the same UV protection for your eyes.**  
**False.** Not all sunglasses offer the same protection against harmful rays. Choose sunglasses that block 100% of UVA and UVB rays.<sup>2</sup>
- 3 Dozens of prescription and over-the-counter medications cause sun sensitivity.**  
**True.** Certain antibiotics, antidepressants, acne medications, cholesterol drugs, pain relievers and other medications don't mix well with a dose of UV light. You can check for warnings about sun sensitivity on the bottle. Better yet, ask your doctor if your medications can make you more sensitive to the sun.<sup>3</sup>
- 4 Being thirsty is the only sign of dehydration.**  
**False.** Thirst is the most obvious sign of dehydration. If your urine color is deep yellow or amber, you may be dehydrated. Other signs include fatigue, dizziness and confusion.<sup>4</sup>
- 5 You should take a water break every 20 minutes when exercising.**  
**True.** Drink water before, during and after exercise. When exercising in hot and humid weather, you can get dehydrated in as little as 30 minutes.<sup>4</sup>
- 6 Drinking coffee dehydrates your body more than alcohol.**  
**False.** Alcoholic beverages have a dehydrating effect on your body. While caffeinated beverages such as coffee make you urinate more, they offer some hydration due to water content.<sup>4</sup>

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1. WebMD. "Sun Myths and Facts Quiz." <http://www.webmd.com/beauty/rm-quiz-sun-myths-facts> (August 27, 2021)

2. American Academy of Ophthalmology. "Will Your Sunglasses Protect You From Serious Eye Disease?" <https://www.aao.org/eye-health/tips-prevention/top-sunglasses-tips> (June 10, 2021)

3. WebMD. "Sun-Sensitizing Drugs." <http://www.webmd.com/skin-problems-and-treatments/sun-sensitizing-drugs#2> (March 3, 2021)

4. WebMD. "Water Quiz: How Much Do You Know About Hydration?" <http://www.webmd.com/fitness-exercise/rm-quiz-know-about-hydration> (August 12, 2020)

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.

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