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Safety Matters

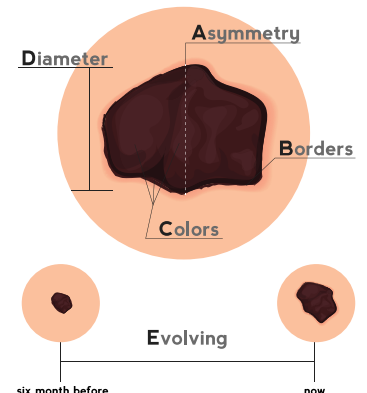
Daycares: Staying Safe in the Sun

On a sunny day, children often want to play outdoors. While it can be a nice change of scenery for daycare staff to get outside, precautions should be taken to prevent overexposure to the sun and excessive heat, especially during the warmer months. Here are some helpful tips to make your outdoor adventures safe and enjoyable:

- **Choose the best outdoor play times.** Keep outdoor activities to the cooler parts of the day, such as before 10 a.m. or after 4 p.m. Avoid midday outdoor activities, particularly on hot days, when the sun is directly overhead. If this isn't possible, choose play areas with shady areas to escape the sun intermittently.
- **Be aware of the UV index.** Sunburn occurs when the amount of UV exposure is greater than the protection of your skin's melanin. When the UV index is very high (above 8), a sunburn can occur in as little as 15 minutes. Use weather apps and websites to check the current UV index in your area.
- **Choose the right attire.** Wear loose-fitting, light-colored clothing that reflects solar rays. Shade your face with a wide-brimmed hat. UV rays can also cause eye damage, so wear sunglasses with UVA and UVB protection.
- **Use sunscreen.** Apply sunscreen with at least 15 SPF on your face, neck, hands, arms, and other exposed body parts. Lip balm with sun protection is also available and recommended.
- **Stay hydrated.** Drink a cup of water before going outdoors, and drink one cup of water every 15-20 minutes while you're outside. Avoid caffeinated beverages and sugary drinks.
- **Know the signs of heat illness.** Working in hot and sunny environments may result in heat stress, exhaustion, cramps, rashes, and in severe cases, heat stroke. Those with underlying health conditions are at greater risk. Notice symptoms like excessive sweating, rapid pulse, confusion, and/or feeling nauseous or dizzy in yourself and others.
- **React if you suspect heat illness.** If you or a co-worker is showing signs of heat stress, move them to a cooler location, ideally, back indoors. Remove excess clothing and apply cool water to their body. If conditions persist, call 911.
- **Check your skin regularly.** At least monthly, check your skin for changes like red, scaly patches or moles that aren't symmetrical or have an irregular border. Moles of this type could be melanoma, a type of skin cancer that affects over 75,000 people in the United States each year, according to the Centers for Disease Control and Prevention (CDC). Know the ABCDEs for signs of melanoma using the graphic to the right.



Signs of melanoma



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