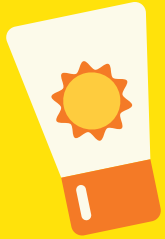


SUN SAFETY

July is UV Safety Month, and for good reason – the summer sees a lot of outdoor activities in the sun, and it's also the time of year when UV rays are stronger, which can put you at higher risk for skin and eye damage, a weakened immune system and skin cancer. After experiencing a spinal cord injury or brain injury, sun safety can become even more essential with changes in skin integrity, heat sensation and physiological responses.



USE SUNSCREEN.

Use an SPF that's appropriate for the time you're going to spend outside, if you'll be in the water or perspiring, and the altitude at which you'll be doing your activity.

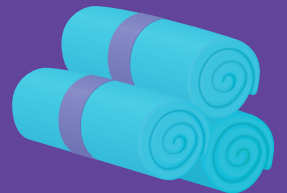


WEAR PROTECTIVE CLOTHING.

Cover vulnerable areas like the top of the head, back of the neck, arms, knees and shoulders. Consider clothing and accessories that are UV protective, can wick away moisture to protect skin integrity and help regulate your temperature in the heat.

KEEP YOURSELF COOL.

How the body regulates temperature can change after a BI or SCI. Bring a thermometer with you if you're in the heat for an extended period of time. Wet towels and spray bottles can also help keep you cool, and staying hydrated is critical.



WATCH YOUR SKIN.

Inspect your skin to screen for burns or skin breakdown, and keep a watchful eye on the features of your skin, like moles and freckles. Follow up with your PCP if you notice changes in your skin's normal features.



KEEP YOUR GEAR COOL.

Keep to the shade as much as possible in the heat of the day, and if you leave your wheelchair on shore or at poolside while you're enjoying water activities, don't forget to cover it with a towel or blanket to prevent burns or overheating when you return to it.