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Don't Get Burned By Summer Sun

By News Canada

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(NC)—Warm summer days filled with bright sunshine aren't always good for you. Over exposure to sunlight can cause serious sunburn, pain and the long-term risk of skin cancer. St. John Ambulance, Canada's leader in safety-oriented first aid training and products, points out that you can still enjoy sun if you reduce risk by taking precautions.

People with fair skin are most susceptible to sunburns. However, no matter what the skin type, the harmful effects of the sun, such as sunburn, can be sustained by anyone.

Prevention is your best defense. Use a sunscreen strong enough to block out harmful rays. Remember to apply it liberally many times over the course of a day in the sun as it will soak into skin, evaporate and be washed off in water.

Don't stay outdoors for extended periods without covering exposed skin. Never leave tender skin exposed for more than a few minutes at a time. Wear a light, sun repellent cover over bathing suits or other light clothing. Always keep your head and eyes protected.

First Aid for sunburn

Sunburns can be very serious. Ranging from mild discomfort to severe burning over a large portion of the body, extreme sunburn can be further complicated by heatstroke. For minor sunburn, St. John Ambulance suggests the following first aid: Check the casualty thoroughly to determine the extent and severity of the burn. Get out of the sun immediately. Cover the burn with a wet towel or gently sponge the area with cool water to relieve pain. Pat the skin dry and apply medicated sunburn ointment or lotion. Apply according to directions on the package and watch for warning signs of an allergic reaction. Protect burnt areas from further exposure to the sun. Don't break blisters – doing so may promote infection. If large areas of the skin begin to blister, seek medical help. If the casualty begins to vomit or develops a fever, give first aid for heatstroke and get medical help.

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First Aid for heatstroke

Heatstroke is a life-threatening condition in which the body's temperature rises far above normal. The body's temperature control mechanism fails, sweating may stop and the body temperature rises rapidly. When you notice rapid pulse, noisy breathing, convulsions or vomiting and hot, flushed skin, give first aid for heatstroke. Check the casualty for symptoms of heatstroke. Lowering the body temperature is the most urgent first aid for heatstroke. Move the casualty to a cool, shaded place or indoors if possible. Call for medical help. Cool the casualty by removing clothing, covering with a wet sheet, immersing in cool water or sponging with cool water, especially in the armpits, neck and groin areas. When the body feels cool to the touch, cover the casualty with a dry sheet. If temperature begins to rise again, repeat step three. Continue to monitor the casualty until medical help is available.

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Secrets To A Healthy Tan For Summer

By Jim Grayson

Suntan is preferred by lighter-skinned people, especially during the summer months. They like to give their skin a nice natural bronze color with the help of sun tanning. Getting a natural tan is a sign of being healthy and being attractive. No wonder many people rush off to the beach at the onset of summer with their tanning lotions and laze away on a towel for hours at end. The result is healthy

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tanned skin which people like to flaunt all day long.

People often believe that a perfectly tanned skin improves their personality and the texture of their skin. However, it is not advisable to be in direct sunlight for a long time. Excess exposure of the skin to sunlight can actually damage the skin and is the leading cause of skin cancer all around the world. Moreover, in countries like Australia, the atmosphere does not filter the sun rays completely as the ozone layer in the atmosphere is depleting quickly. The ozone layer is responsible for filtering the harmful UV rays of the sun that can damage the skin beyond repair.

So what does a tan mean?

A tan refers to exposure of the skin to the rays of the sun for a considerable amount of time. The UV-B rays of the sun encourage the cells of the innermost layer of the skin, known as the epidermis to produce more melanin pigments which on their way to the outermost layer known as the dermis are tanned by the UV-A rays of the sun. As a result vitamin D3 is also produced naturally under the sun. The vitamin also helps protect the bone and also protects us from diseases like osteoporosis. The direct rays of the sun also makes the immune system stronger against the invasion of germs and increases the body's overall physical powers. It has a positive effect on the functioning of the heart and improves blood circulation. Common skin diseases like acne, psoriasis and neurodermatitis can be treated with UV light. There are just some of the many positive effects that the sun offers in the form of its UV rays.

You should take the advice of experts if you would like to go for natural suntan. Different skins react differently to sunlight. An expert opinion should be sought, especially in the beginning. Do not overdo a suntan, as excess exposure to the sun's rays can prove to be harmful to your skin. Wear a suntan lotion when you go out in the open during summer. Do not sunbathe for more than once a day. Going to the beach or laying out in the sun once or twice a week is enough to maintain a good tan on the skin. Tanning in summer proves to be very beneficial as it prevents skin fatigue, prepares your skin for the long summer months ahead, builds a natural protection and produces a nice natural tan.

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