

Remind your patients about sun safety

As summer starts and people go outside to enjoy the weather, it's important to remind patients to protect their skin from the sun and stay safe in the heat.

Sun safety tips

- Wear protective eyewear and clothing – when outside in direct sunlight wear sunglasses that block UV rays, a hat and clothing to cover your skin. Dark colors or fabrics specifically sold to protect against UV rays give the most protection.
- Seek shade – UV light is strongest between the hours of 10 a.m. and 4 p.m. During this time it's important to limit time in direct sun, if possible.
- Use sunscreen – it's important to use sunscreen and make sure to follow the instructions on the label, even water-resistant sunscreens wear off and need to be reapplied frequently to give adequate protection.
- Avoid tanning beds – tanning beds emit harmful UV rays that cause skin damage.

Heat safety tips

- Plan outdoor activities during cooler times, if possible – on very hot days try to limit outdoor activities to the morning or evening or avoid being in the direct sunlight.
- Stay cool inside – if you don't have air conditioning in the home, spend the hottest hours of the day in a public space with air conditioning. Local health departments may have a list of heat-relief shelters in the area.
- Stay hydrated – drink plenty of water even if not doing physical exercise.

We're here to help you, so you can focus on your patients. Call our Customer Service Representatives at 1-800-424-4524 or email MCCVA-Provider@molinahealthcare.com.

Sources:

"Sun Safety." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 9 Apr. 2020, www.cdc.gov/cancer/skin/basic_info/sun-safety.htm.

"Be Safe in the Sun." American Cancer Society, 23 Jul. 2020, <https://www.cancer.org/healthy/be-safe-in-sun/uv-protection.html>. "Tips for Preventing Heat-Related Illness." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 19 June 2017, www.cdc.gov/disasters/extremeheat/heattips.html.