SUN & WEATHER SAFETY

WEATHER TIPS

- Check the weather, and plan ahead so you can wear appropriate and comfortable attire.
- Sunscreen: Choose a sunscreen that covers UVA & UVB rays with SPF 30 or higher. Apply the sunscreen about 30 minutes before you go outside and reapply often throughout the day, especially if you’re sweating.
- Sunglasses: Your eyes can also be harmed by the sun’s UV rays and sunglasses offer the best protection. For maximum protection, choose sunglasses that block both UVA and UVB rays.
- Hat: Did you know that up to 80% of skin cancer occurs on the head or neck? Wearing a brimmed hat will offer protection and also keep you cooler.

HYDRATION

Stay hydrated. Drink plenty of water. Be sure to:

- Drink a glass of water with meals.
- Fill up at water fountains. Numerous water fountains are available throughout the stadium.
HYDRATION (CONT.)

- Enjoy plenty of fruit, like watermelon.
- If you drink alcohol, rehydrate with refreshing water between alcoholic beverages.
- Drink at least 8 glasses of water a day.
- If you are thirsty, it means you are already dehydrated.

SIGNs OF DEHYDRATION

http://www.mayoclinic.com/health/dehydration/ds00561/dsection=symptoms