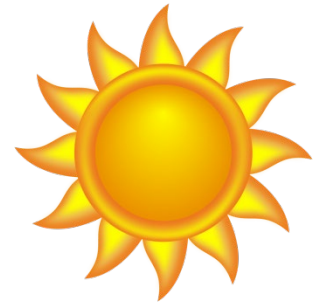


Keeping Safe in the Summer

Summer is here, and everyone wants to enjoy being outside as much as possible. But if you are a **cancer patient or survivor**, you need to be extra careful to avoid any sun and heat-related problems.



Sun

Cancer treatments, such as chemotherapy and radiation, may make your skin more sensitive to direct sunlight. Here are some suggestions to help you stay safe:

- Try to stay out of the direct sun between 10:00 am and 3:00 pm when the sun's rays are strongest. Find a shady spot to sit or bring an umbrella to keep out of direct sunlight.
- Always use sunscreen, even if it is a cloudy day. Use sunscreen with an SPF of 30 or higher and broad-spectrum protection from UVA and UVB rays. Reapply your sunscreen often, especially after sweating or swimming.
- Wear lighter colors and fabrics and loosely fitting clothing that cover as much exposed skin as possible. Scarves, slip on sleeves, umbrellas, and gloves can offer even more protection if needed.
- Always wear a hat, especially if you've lost your hair due to chemotherapy. Choose a hat with tightly woven fabric and a wide brim to protect your face and neck.
- Be extra cautious with any skin that was exposed to radiation. These areas will be very sensitive to sun, especially during the first year after treatment.

Summer Activities

- Be aware of the signs for heat exhaustion: headache, dizziness, clammy skin, heavy sweating, muscle cramps, nausea. If you start to feel overheated, take a break from the heat and find some shade or air conditioning and drink some cold water.
- Be aware of signs of dehydration: dry mouth, fatigue, nausea, headaches, constipation, dizziness. Drink plenty of fluids to avoid becoming dehydrated. Water is the best choice. Try to avoid too much alcohol, sugar, or caffeine. Drinking sports drinks can help replenish your body's electrolytes.
- Frozen juice pops with low sugar can help keep you hydrated and cool.
- Make sure any food you eat is well-chilled and not left out in the heat. You may be more susceptible to food-borne bacteria that can be found in picnic foods.
- If you have a low white blood cell count, you should avoid public pools and beaches to reduce your risk for infection from water-borne bacteria.



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