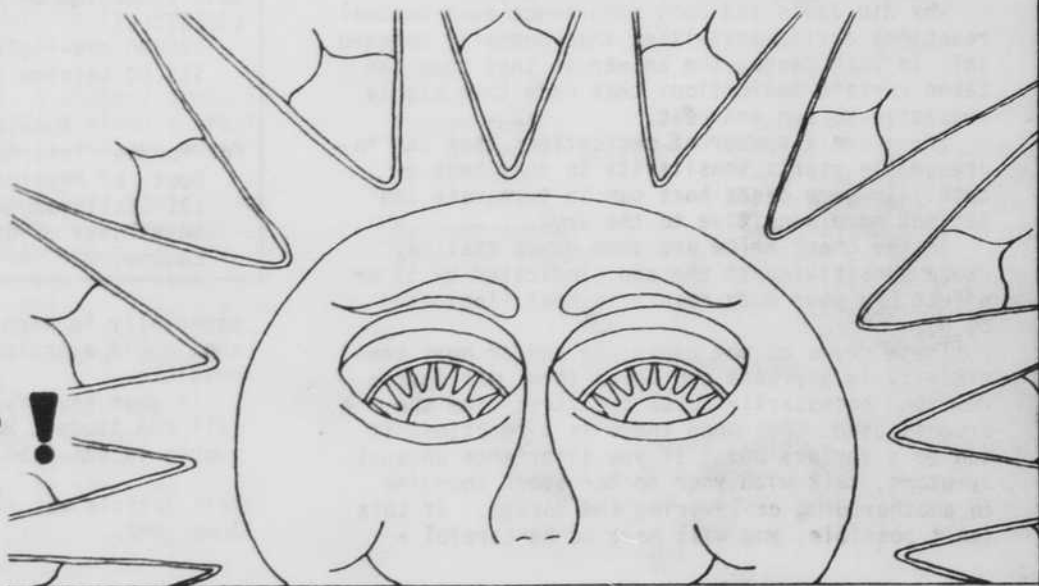


WELL NOW...

A Health Newsletter Published By
The Student Health Center

**School
is out
for
Summer!**



THE SUN, SUNBURN, SUNSTROKE

Summer is fast approaching us in Eugene, with less rainy days and much more sunshine. Special attention to the sun and its effects are important at this time of year.

The most common problem caused by the sun is sunburn. In mild cases, the skin is red and tender. In more serious cases, the skin swells and blisters. To prevent sunburn, stay out in it initially for only 10-15 minutes and gradually increase your exposure. This applies to sunlamps as well as the sun, since sunlamps can cause extensive and painful burn if proper caution is not exercised. Suntan lotions have varying effects. Some will screen the sun's rays; some lubricate the skin to prevent drying; some stain or "bronze" the skin; and some may cause allergic reactions. The best sunscreens (that permit tanning and prevent burning) contain PABA (paraminobenzoic acid).

Continued exposure to the sun can result in aged skin—skin that is leathery, wrinkled, inelastic, dry, and chapped. It may also cause skin cancer. If any sores don't heal, or any lesions appear, see a doctor.

Heat exhaustion is caused by a salt imbalance and dehydration. The skin is cold and clammy, and the person may complain of nausea and headache. Move the person into cooler surroundings and make sure that the head and shoulders are lower than the rest of the body. Sips of water should be given. Get the person to a doctor as soon as possible.

Sunstroke (heatstroke) is more serious than heat exhaustion and is characterized by high fever, dry and flushed skin, dizziness, rapid pulse, headache, and in severe cases, unconsciousness. Move the person into cooler surroundings, have him/her lie on his/her back with head and shoulders slightly raised, and sponge him/her with cool water to reduce body temperature. Get medical attention.

Sunstroke and heat exhaustion can be prevented by staying out of the heat as much as possible, limiting hard physical exertion during the hot periods of the day, wearing light, loose clothing, and drinking plenty of water.