

Fun in the Sun: Staying Safe (*Interview Transcripts*)

Ashley Lisek, APN, Family Medicine, OSF HealthCare

“Any time that you go outside and can see the sun would be a good time to put on sunscreen. You can also get sun exposure when it’s cloudy outside. So really important – especially as it’s getting warmer and UV rays are getting higher – to always wear it when you are outside. When it’s cloudy outside it is still as important, if not more important, because that is actually when you can sometimes get more UV ray exposure. So even when it is cloudy when you can’t see the sun, you are still getting those UV rays.” (:26)

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“Some say sunscreen is good for up to 80 minutes, but if you are still feeling warmth I always recommend reapplying it again. Sometimes when you are in the water, it can dissipate pretty fast. I would keep that going as well as shading. Many people sometimes forget about the importance of having a hat on or sunglasses or just anything to shield you a little bit – or even going inside during those hot times from 10 a.m. to 2 p.m. – those are peak sun times.” (:26)

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“It’s really important to drink water and stay hydrated while you are in the sun, because we don’t really realize when we forget to and then we go inside and are so drained from the day because of all the sun we have gotten. So I really recommend staying hydrated before, during, and after especially – make sure you keep up with your water. If you are having some redness and just a little uncomfortable, a lot of times you can use aloe vera, too. That helps relieve that sensation of the redness and heat and can help take some of it away.” (:25)

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“If you’re getting to points where you can’t hold food down, you start vomiting – a lot of people who get sun poisoning experience vomiting, redness of the skin, upset stomach to where they can’t hold anything down – those are times where, especially if you can’t hold down food or water, I would recommend seeking treatment. As well as if you have any big sunburnt areas that are on large areas of your body as well as blistering.” (:25)