

# SAFETY TIPS

## Play it Safe In The Sun



(NAPSA)—When the weather's warmer and more and more time is spent outdoors, an association that works to help people live better and save more says heed these tips on how to play it safe, while having fun, in the sun.

- Use a sunscreen with an SPF of at least 15—most doctors recommend using SPF 30. Apply 30 minutes before sun exposure.

- Reapply your sunscreen every 45 minutes to an hour, especially if you have been perspiring or in the water.

- Some medications, including acne medication and oral contraceptives, can increase skin's sensitivity to the sun. Check with your doctor to see if this is a side effect of a medication you are taking. If so, use extra caution in the sun.

- Steer clear of tanning beds which have damaging effects on your skin, similar to the sun. Luckily, a wide variety of quality sunless tanners are now available.

The Alliance for Affordable Services uses its group buying power to attack soaring health care costs through wellness programs, information, legislative advocacy and incentives to control medical costs.

For more details, visit [www.AffordableServices.org](http://www.AffordableServices.org) or call 800-733-2242.