



6

Quick tips for safer
fun in the sun.

項安全享受陽光的
快速秘訣。

It's important to stay safe around the water – at the beach, lake or pool. There's a greater chance of drowning if you're not a strong swimmer or don't know how to swim (that includes both kids and adults). And being in the sun too long can put you at risk for skin cancer. Here's how you can stay safe and enjoy the water and the sun this summer.

1. **Buddy up.**

Always swim with a partner. That includes swimming in a backyard pool or a lake. In case of an emergency, you can help each other or go for help.

2. **Swim in safe areas.**

Swim in places that are supervised by a lifeguard. In case something does go wrong, lifeguards are trained to help you.



當您身處水域（海灘、湖泊或游泳池）時，保持安全十分重要。如果您的游泳技術不好或者您不會游泳（包括兒童和成人），您溺水的機率將較高。此外，在陽光下曝曬時間過長可能會使您有罹患皮膚癌的風險。以下是您可以在這個夏天保持安全，同時享受戲水樂趣和美好陽光的方式。

1. 結伴同行。

當您想要游泳時，請務必找人陪您一起去。這包括在您後院的游泳池游泳或在湖泊中游泳。若發生緊急情況，你們可以互相幫助或者其中一人可以向外尋求協助。

2. 在安全的水域游泳。

在有救生員看管的地方游泳。若真的發生狀況，救生員受過訓練瞭解應如何幫助您。

3. **Watch the sun.**

Sun reflecting off the water or off sand can make the sun's rays hotter. Reapply sunscreen often and cover up as much as possible. Don't forget your hat, sunscreen, sunglasses and protective clothes.

4. **Wear sunscreen.**

Use sunscreen during all outdoor activities. That includes gardening, playing sports, walking and going to the beach. Reapply sunscreen every 2 hours or after swimming or sweating.

Sunscreen should be worn by everyone 6 months or older. Don't use sunscreen on babies younger than 6 months old. Keep them covered up and in the shade instead. If keeping them completely out of the sun isn't possible, use a small amount of sunscreen on exposed areas, like the face and hands.



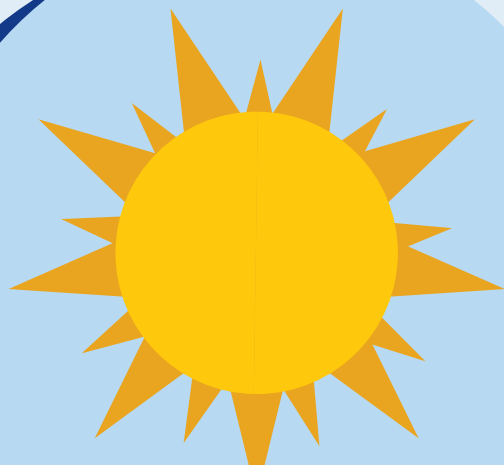
3. 注意陽光。

太陽會透過水面或沙灘反射，這可能會使陽光的溫度變得更高。經常補擦防曬乳並盡量以衣物遮掩皮膚。別忘了戴帽子、塗抹防曬乳、戴太陽眼鏡以及穿著防曬衣物保護。

4. 塗抹防曬乳。

在從事所有戶外活動期間均應塗抹防曬乳。這包括園藝工作、體育活動、健走以及去海灘。每 2 小時補擦一次防曬乳或者在游泳完或流汗後補擦防曬乳。

凡 6 個月大以上的所有人均應塗抹防曬乳。請勿讓未滿 6 個月大的寶寶使用防曬乳。請改以衣物遮蓋寶寶的皮膚並待在陰涼的地方。如果您無法讓寶寶完全不曬到陽光，請在會曝曬到的部位塗抹少量的防曬乳，如臉部和手部。



SPF 40



5. Wear sunglasses.

Kids should wear sunglasses too. They can help prevent vision problems in the future. To protect your eyes, your sunglasses should block out 99% to 100% of both UVA and UVB light.

6. Drink plenty of fluids.

It's easy to get dehydrated in the sun. Especially if you're active and sweating. Drink plenty of water. Dizziness, feeling lightheaded or feeling sick to your stomach can be signs of dehydration and overheating. Always carry a refillable water bottle with you during the summer.

Did you drink enough water today?

For the next week track how many glasses of water you drink each day.



	Total glasses of water:			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

5. 戴太陽眼睛。

兒童也應戴太陽眼鏡。太陽眼鏡有助於預防未來視力問題的發生。如欲保護您的眼睛，您的太陽眼鏡應要能夠隔絕 99% 至 100% 的 UVA 和 UVB 紫外線。

6. 飲用大量液體。

曬太陽很容易脫水。尤其是如果您在運動且有流汗。飲用大量的水。頭暈、頭昏或感到反胃噁心均可能是脫水和中暑的徵兆。在夏天期間，請隨時隨身攜帶一個可以重複裝水的水瓶。

您今天是否飲用足夠的水？

請在接下來的一週記錄您每天喝幾杯水。



喝水的總杯數：

週一				
週二				
週三				
週四				
週五				
週六				
週日				

UHCCommunityPlan.com/CA



© 2019 United HealthCare Services, Inc. All rights reserved. / 保留所有權利。
956-CST22218 2/19

UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 7:00 a.m. to 7:00 p.m.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-866-270-5785，TTY 711。