

VitaMin

Vital health information in a minute



Beat the heat summer quiz

Summertime is a great time to get outdoors and enjoy the sunshine. But dehydration and sunburn can quickly spoil the fun if you're not careful. Test your sun smarts and learn a few new tricks for a safe summer.

True or False?

1. You can get a sunburn through a window or sunroof.
 2. All sunglasses offer the same UV protection for your eyes.
 3. Dozens of prescription and over-the-counter medicines cause sun sensitivity.
 4. Being thirsty is the only sign of dehydration.
 5. You should take a water break every 20 minutes when exercising.
 6. Drinking coffee dehydrates your body more than alcohol.
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1. **True.** UVA rays can get through glass. Remember to apply sunscreen when you're hitting the road or sitting by a sunny window indoors.¹
 2. **False.** Not all sunglasses offer the same protection against harmful rays. Choose sunglasses that block 100% of UVA and UVB rays.²
 3. **True.** Certain antibiotics, antidepressants, acne medications, cholesterol drugs, pain relievers and other medicines don't mix well with a dose of UV light. You can check for warnings about sun sensitivity on the bottle. Better yet, ask your doctor if your medications can make you more sensitive to the sun.³
 4. **False.** Thirst is the most obvious sign of dehydration. If your urine color is deep yellow or amber, you may be dehydrated. Other signs include fatigue, dizziness and confusion.⁴
 5. **True.** Drink water before, during and after exercise. When exercising in hot and humid weather, you can get dehydrated in as little as 30 minutes.⁴
 6. **False.** Alcoholic beverages have a dehydrating effect on your body. While caffeinated beverages such as coffee make you urinate more, they offer some hydration due to water content.⁴

Sources:

1. WebMD. "Sun Myths and Facts Quiz." <http://www.webmd.com/beauty/rm-quiz-sun-myths-facts> (last reviewed/updated August 19, 2015)
2. American Academy of Ophthalmology. "How to Choose the Best Sunglasses." <https://www.aaopt.org/eye-health/tips-prevention/top-sunglasses-tips> (last reviewed/updated May 1, 2015)
3. WebMD. "Sun-Sensitizing Drugs." <http://www.webmd.com/skin-problems-and-treatments/sun-sensitizing-drugs#2> (last reviewed/updated August 26, 2016)
4. WebMD. "Water Quiz: How Much Do You Know About Hydration?" <http://www.webmd.com/fitness-exercise/rm-quiz-know-about-hydration> (last reviewed/updated July 8, 2016)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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