



# 6

**Quick tips for safer  
fun in the sun.**

na maikling tip para sa  
mas ligtas na pagsasaya  
sa panahon ng tag-init.

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.



Mahalagang manatiling ligtas sa paligid ng katubigan – sa beach, lawa o pool. Mas malaki ang posibilidad na malunod kung hindi ka mahusay lumangoy o hindi ka marunong lumangoy (kasama roon ang mga bata at matanda). At ang masyadong matagal na pagbibilad sa araw ay maaaring magdulot sa iyo ng panganib sa pagkakaroon ng kanser sa balat. Narito ang ilang paraan kung paano mananatiling ligtas at paano mo mae-enjoy ang katubigan at ang araw ngayong tag-init.

## **1. Magsama ng kaibigan.**

Palaging lumangoy nang may kasama. Kabilang diyan ang paglangoy sa pool sa bakuran o sa lawa. Kung sakaling may emergency, matutulungan niyo ang isa't isang humingi ng saklolo.

## **2. Lumangoy sa mga ligtas na lugar.**

Lumangoy sa mga lugar na may nagbabantay na lifeguard. Kung sakaling may masamang mangyari, may mga lifeguard na sinanay para tulungan ka.

### 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.



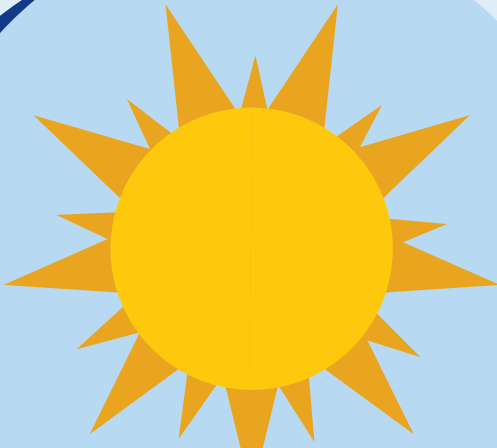
### 3. Maging alerto sa tindi ng init.

Ang repleksyon ng araw sa tubig o pagkabilad ng buhangin ay mas nagpapainit sa panahon. Madalas na magpahid ng sunscreen at magsuot ng pantakip hangga't maaari. Huwag kalimutan ang iyong sumbrero, sunscreen, sunglasses at pamproteksyong damit.

### 4. Magpahid ng sunscreen.

Gumamit ng sunscreen sa lahat ng aktibidad na gagawin sa labas. Kasama rian ang paghahardin, paglalaro ng sports, paglalakad at pagpunta sa beach. Magpahid muli ng sunscreen kada 2 oras o matapos lumangoy o pagpawisan.

Ang lahat ng 6 na buwang gulang o mas matanda ay dapat gumamit ng sunscreen. Huwag pahiran ng sunscreen ang mga sanggol na wala pang 6 na buwang gulang. Sa halip ay panatilihin silang nakabalot at nasa lilim. Kung imposibleng hindi sila mailabas sa araw, pahiran lang ng kaunting sunscreen ang mga hindi matatakpang bahagi ng katawan, tulad ng mukha at mga kamay.



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. Magsuot ng sunglasses.

Dapat ding magsuot ng sunglasses ang mga bata. Makakatulong itong maiwasan ang mga problema sa paningin sa hinaharap. Para maprotektahan ang mata mo, dapat maharangan ng sunglasses ang 99% hanggang 100% ng UVA at UVB light.

## 6. Uminom ng maraming fluid.

Madaling ma-dehydrate sa panahon ng tag-init. Lalo na kung ikaw ay aktibo at pinagpapawisan. Uminom ng maraming tubig. Ang pagkahilo, pagkaliyo o pakiramdam na masusuka ay maaaring senyales ng pagka-dehydrate at pagka-overheat. Palaging magdala ng nalalamnang bote ng tubig sa panahon ng tag-init.

### Sapat ba ang nainom mong tubig ngayong araw?

Sa susunod na linggo, bilangin kung ilang baso ng tubig ang nainom mo bawat araw.



### Kabuuang bilang ng baso ng tubig:

Lunes				
Martes				
Miyerkules				
Huwebes				
Biyernes				
Sabado				
Linggo				

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