



April Safety

Spring

Sunburns



- Put on broad spectrum sunscreen with at least SPF 30 before you go outside. Remember to reapply!
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts
- For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck
- You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun



CLEARING THE POLLEN OFF THE DRIVEWAY

Allergies

- >Kick off your shoes and work clothes as soon as you get home. Don't drag allergens throughout your home, where they'll continue to cause your symptoms to act up
- >Over-the-counter decongestants will help relieve a stuffy nose; antihistamines can tackle sniffles and itching
- >Try a saline nasal rinse (either with a neti pot or a spray), which helps clear allergens like pollen from your nasal membranes, minimizing symptoms

Bee Safe

