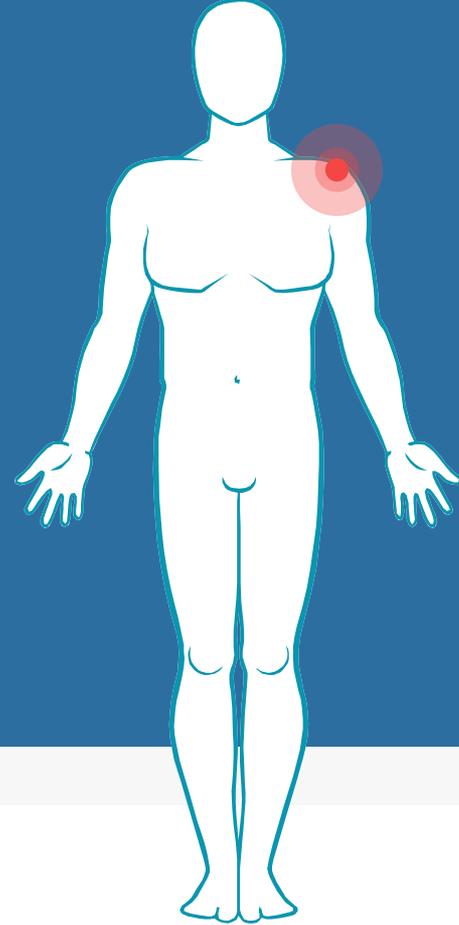


# On-Call

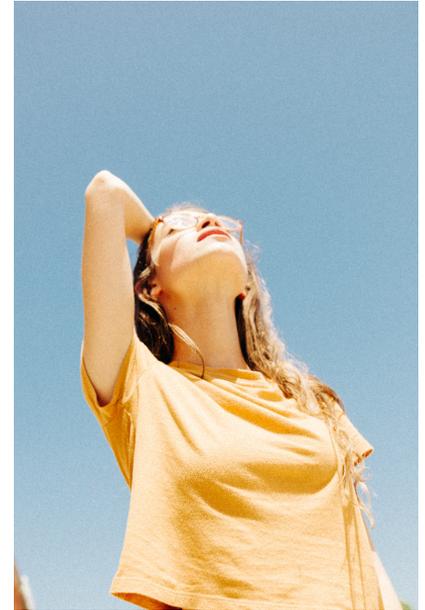
## Digital Resources

### Be Aware of the Sun



## Benefits of Sunlight

- Provides humans the Vitamin D
- Relieves stress
- Heals some skin disorders



## Benefits of Sunlight

- Boosts your mood
- Improves sleep
- Relieves symptoms of seasonal depression



# Disadvantages of Sun Exposure

- Causes heat exhaustion
- Can cause damage to eyes – cataracts
- Can prematurely age the skin



# Disadvantages of Sun Exposure

- Can cause skin cancer
- Leads to sun burn
- Can cause heat stroke
- Alters the skin



# Protection from the Sun

- Much of the damage to our skin caused by sun exposure can be prevented...



## Protection from the Sun

- Sun cream must be applied 20 minutes before going out in the sun and should be reapplied after two hours in the sun and after swimming or heavy sweating.



## Protection from the Sun

- You can also protect yourself with UV filtering sunglasses, long sleeves or a brimmed hat.
- If you are going to be outside for long periods, sit under a cover of a building, an umbrella or a tree that has dense shade underneath.





This project has been funded with support from the European Commission.  
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.