



"POTTY TALK"

Have A Great Summer!



Whether you are staying close to home, traveling abroad or working this summer—here are some important facts and informational tips to help make this summer happy and healthy!

What is SPF?

SPF stands for Sun Protection Factor. The SPF number is the measure of protection your skin has against harmful UVB rays. The higher the SPF, the higher the degree of protection.



Who should wear sunscreen?

EVERYONE! Even if you've been tanning and have a good "base" you should wear sunscreen. UVA and UVB rays from the sun can penetrate deeply into the skin and cause damage.

Sunscreen Do's and Don'ts:

- DO choose a sunscreen with at least 15 SPF or higher
- DO choose a water-proof or sweat-proof sunscreen if you need
- DON'T just apply once—re-apply throughout the day
- DO wear a hat in conjunction with sunscreen



Tanning (Indoor and Outdoor)

Tanning outdoors and at a salon in a tanning bed still puts you at risk for sun damage. Even if you tan regularly—you can have effects show when you are older. Tanning still requires you to be exposed to UVA and UVB rays which can be harmful to the skin.



Party with a Plan

If you choose to drink this summer be sure you party safe and party with a plan!

- Set your drinking limit before you begin drinking and keep to it.
- Keep track of how much you drink.
- Be aware that drinking in the sun can speed up dehydration and abstain if you're in the sun and/or drink plenty of water.
- Eat before and while drinking
- Space your drinks. One per hour is a good rule.
- Drink only when you are in a good mood or in situations where you feel comfortable
- Use the buddy system and make sure you stay with friends.
- Abstain if you don't feel like drinking.
- Alternate alcoholic drinks with non-alcoholic beverages



For more tips go to www.scu.edu/wellness

"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact: **Wendy Baumbach** at 554-4409 or at WBaumbach@scu.edu

Are you traveling this summer?

Be sure to have a great time and stay safe whether you're traveling in the U.S. or abroad... here are some tips to ensure that you make it home safely!

Keep the name, address and phone number of the hotel where you are staying with you at all times (especially when you are out at night)

Make sure you have official, up-to-date copies of your driver's license, passport and/or birth certificate. Make photo copies of all important documents (including airplane tickets). Leave them securely in your luggage, in the hotel safe and with someone back at home

It is best to use traveler's checks rather than carrying large quantities of cash. If you must carry cash, be sure not to carry overly large amounts. Use a money belt for safekeeping.

Public transportation is a particularly popular place for pickpockets. Leave valuables in a safe place or leave them at HOME (don't bring jewelry that you love, or expensive clothes/accessories)

Try to travel with a buddy. If you must travel alone—let the hotel desk know when you are leaving and when you should be back

When booking hotel/hostel reservations online always be sure to call the hotel/hostel ahead of time to confirm

Beware of taxi drivers. Ask the hotel how much taxi rides should cost. Don't be afraid to ask the taxi driver about the fare before you get in. If it sounds too high then find another taxi

MOST IMPORTANTLY: Pay attention to your intuition. If something feels weird or looks shady...then don't do it. Trust your gut and be safe!



Summer Hours at the Malley Center

This summer stay healthy and visit the Malley Fitness Center during their summer operating hours:



Monday—Thursday:
6:30 AM to 10:30 PM

Friday:
6:30 AM to 8:00 PM

Saturdays and Sundays:
Noon to 5 PM



You can also check on their website <http://www.scu.edu/recreation/> for information about summer fitness classes