

Keep It Cool

Staying hydrated can prevent heat exhaustion and heatstroke.



124 ounces

The amount of water men should drink daily.



92 ounces

The amount of water women should drink daily.



44 ounces

The amount of water the average American adult drinks each day.



15 or higher

Use a broad-spectrum sunscreen with this SPF.



10 a.m. – 4 p.m.

UV rays are strongest.



Every 2 hours

Reapply sunscreen and also after swimming or sweating.

Check out the Live Healthy section of www.SouthCarolinaBlues.com to learn more.

