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## Senior Service Finder

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For The Coloradoan

Now is the time to be outdoors: gardening, vacationing, taking long walks or just resting on the patio. But bug bites, sunburn, and other injuries can ruin and fun day in the sun.

Here are some tips on how to avoid or treat these summertime pains.

Most mosquito and spider bites are not dangerous. But bees, hornets and some spiders can be painful and even life threatening.

To keep insects from bugging you, spray yourself and your clothes with insect repellent when you go out. Since bright colors attract some insects, wear neutral-colored clothes. Sweet smells and trash also attract insects. So don't wear perfume to go outdoors. Throw out your soft drink cans, and stay away from outdoor trash containers when possible.

If you have abnormal swelling, trouble breathing, nausea, dizziness, or other allergic reactions, call a doctor right away.

Brown recluse and black widow spiders have dangerous bites, especially to the elderly. If you develop cramps or other symptoms after a spider bites you, apply ice packs and see a doctor right away. Try to take the spider with you.

Sunburn can creep up on you on a sunny day, a hazy day, or even in the winter. The sun can be especially dangerous reflected from water, sand and snow.

If you are light skinned, ill or taking certain drugs, your skin may be more sensitive to the sun.

To avoid sunburn, use a sunblock with an SPF (Sun Protection Factor) rating of 10 to 15 for maximum protection. Don't stay in the sun too long between 11 a.m. and 3 p.m., when the sun is most direct.

If you become sunburned, protect your red skin with clothing or sunblock. Take aspirin or acetaminophen to relieve the pain. If you are in much pain, call your doctor.