

Protect And Soothe Sunburned Areas, Pesky Insect Bites

You can forget about your worries when you take off on vacation, but don't forget your skin. It's apt to be subjected to all sorts of occupational outdoor hazards...salted and dried by the ocean, fried to a crisp by the sun, bitten by insects and irritated by poison ivy and oak. Here are a few common sense precautions to take so that your skin can't lay you low or slow you down for even so much as a day.

Rinse yourself off well in the shower after swimming in salt water. Use a protective lotion while sunning.

If you're going picnicking, sunbathing or just sitting around outdoors, keep a small bottle of insect repellent tucked in your pocket or purse. When a low hum signals the approach of attackers, apply the repellent to all parts of you that are bare and bite-able.

As for poison ivy and oak, the U.S. Department of Agriculture reports that nearly two million cases a year are serious enough to require either medical attention, or at least one day of restricted activity or both. Your best course when outdoors is to give a wide berth to any plant with leaves growing in clusters of three, whether or not the plant is flush on the ground or climbing trees, fences or light poles.

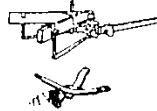
In addition to taking precautions, it's a good idea to have on hand the wherewithal for some first aid treatment. Ideal for this, since it has other vacation uses aside from settling your skin problems, is baking soda. Be sure to stow a box in your luggage.

If your tan reaches a stage where it begins to flake and itch or if you've come down with a bad fresh burn, add a cupful of baking soda to the tubful of tepid water. Submerge and soak until itch or burn subsides. Soda's mild alkaline properties cleanse as well as soothe, so refrain from using the washcloth. Rubbing will irritate your skin. Remember, too, to just pat yourself dry when you emerge.



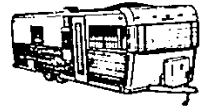
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