

# 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.BlueChoiceSC.com](http://www.BlueChoiceSC.com) to learn more.

