



Sunscreen is more important than ever when you're pregnant.

[PRENATAL] SUMMER SAFETY

Summer is a time to relax outdoors, but how you relax can affect your pregnancy. Some tips on avoiding seasonal dangers:

SUN Use sunscreen daily, especially if your skin darkens in pregnancy. Best are physical-barrier sunscreens—zinc and titanium oxides—which don't absorb into skin like the more common "chemical" lotions and creams.

DEHYDRATION Pregnant women need more water than usual, and dehydration can trigger preterm labor, so drink up.

OVERHEATING Avoid excessively high body temperature from exercise, especially in the first trimester. Don't exercise for long periods in hot or humid weather. It's best to work out early in the morning or in the evening.

GARDEN PARASITES Yard soil can harbor parasites that cause toxoplasmosis, a disease that can harm your baby. Wear gloves when gardening and wash your hands afterward.

DEET-BASED INSECT REPELLENTS There's no strong evidence that DEET-based bug sprays pose a risk to the fetus, but health experts suggest spraying them on clothes instead of directly on your skin.

DANGEROUS WATER SPORTS Avoid surfing, water-skiing, tubing and other activities that might cause you to fall. — KAREN BANNAN