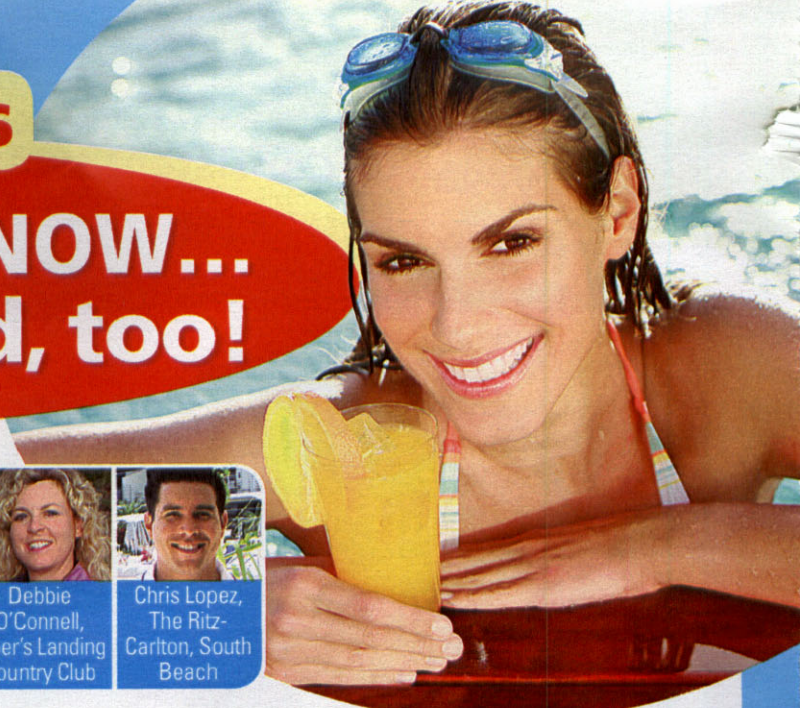


4 things

RESORT PROS KNOW... that you should, too!



Sunburns and heat exhaustion aren't just the results of being careless. Resort pros contacted by *First* say that everything from medication to cocktails can amplify the sun's dangers. Fortunately, our experts also shared easy ways to stay safe.



Malia Osterbauer, Hilton San Diego Resort

Debbie O'Connell, Piper's Landing Country Club

Chris Lopez, The Ritz-Carlton, South Beach

A HAT DOESN'T SHIELD AGAINST REFLECTED RAYS

"I've learned that you can't skip the sunscreen just because you're wearing a hat," reveals Malia Osterbauer, director of resort operations for the Hilton San Diego Resort in California. "Last summer we had a guest who insisted on lounging by the pool without applying any sunscreen to her face—she claimed that her wide-brim hat would protect her. But this left the woman's face completely exposed to powerful UV rays reflecting off the pool's surface. As a result, she ended up with a pretty bad burn."



infection made her skin more vulnerable to sunlight—it looked like she was tanning 50 times faster than normal! When the woman realized what was going on, she slathered on sunscreen. But it wasn't the right formula, and her skin kept darkening." **First tip:** "Medications such as antibiotics and ibuprofen can react with the sun's UVA rays once their ingredients migrate to the skin," explains Amy Derick, M.D., a dermatologist in Barrington, Illinois. "This can trigger a form of rapid-onset sunburn." She advises women taking such drugs to use a sunscreen with broad-spectrum protection, which shields against UVA rays. One to try: La Roche-Posay Anthelios 40 Sunscreen Cream (\$30 for 1.7 oz., at drugstores), a broad-spectrum formula developed to prevent photosensitive reactions.

faint while sipping cocktails outside. That's because alcohol is more potent when the body's fluid levels are low, so outdoor drinking leads to faster intoxication. We suggest that guests start with a virgin smoothie before moving on to the piña coladas. In addition, we recommend drinking one glass of water after every outdoor serving of alcohol. This keeps the body hydrated and helps prevent rapid intoxication."

HEAT EXHAUSTION CAN STRIKE WITHIN MINUTES

"I was just 20 minutes into a golf lesson one day when my student became nauseated and couldn't even muster the energy to walk into the shade," remembers O'Connell. "She just sat down in the middle of the course, where I applied ice to her pulse points and directed her to drink water. Fortunately, she felt better a few minutes later, but her condition could have deteriorated into full-blown heatstroke if we hadn't acted quickly. Even if you've been outside for a short while, watch for signs of heat exhaustion such as fatigue, nausea, dizziness, a racing heart and shallow breathing. If you don't cool down immediately, your health could be at risk."



COMMON MEDS CAN ACCELERATE SUNBURN

"I'll never forget the time I saw a woman tan at lightning-fast speed while we played a round of golf," recalls Debbie O'Connell, head golf professional at Piper's Landing Yacht & Country Club in Palm City, Florida, and vice president of ladieslinksforegolf.com. "Apparently, the antibiotic she was taking for a respiratory



ONE DRINK IN THE SUN = TWO DRINKS INDOORS

"Being out in the sun and consuming alcohol are both factors that can parch the body, so coupling the two is risky," warns Chris Lopez, recreation director of The Ritz-Carlton, South Beach in Miami Beach, Florida. "Over the years I've seen several guests become dehydrated and



Photos, clockwise from top right: Kristiane Vey/Jump; Leonid Nyshko/Fotolia; Elke Dennis/Fotolia; BananaStock/Jupiter Images; Christian Wheatley/Fotolia. Text: Helen Matatov.