

6 steps for taking care of a cut: Bottle Flip with each step



1. Stay Calm and assess the situation.
2. If it is bleeding a lot Call for help and apply pressure.
3. If it is not bad, apply pressure to stop the bleeding and allow the blood to form a clot.
4. Clean the area with soap and water if available, if not wipe with an alcohol wipe or iodine swab and let dry.
5. Apply an antibiotic ointment.
6. Apply a clean bandage or piece of gauze, as needed.



Defend your skin from the sun:

Yard line trivia questions



Question 50 yards: What level of SPF is recommended to have in your sunscreen?

Answer: **30 SPF or higher** 30 SPF is the minimum amount recommended to have in your sunscreen, but higher SPF is always good because this offers more protection. You should reapply sunscreen every two hours or more if you are swimming or perspiring.

Question 40 yards: To protect your eyes and the skin under your eyes, what accessory should you wear when outside?

Answer: **Sunglasses** The sun can damage your eyes and cause cataracts. In addition, the skin under your eyes and on your eyelids is very tender and sensitive, so wearing sunglasses is important to block UV rays from damaging the skin

Question 30 yards: How often should you reapply sunscreen?

Answer: **Every 2 hours** Sunscreen wears off eventually, so reapplication is very important. It should be reapplied if you stay out in the sun for more than two hours and after swimming, sweating or toweling off

Question 20 yards: Wearing a hat with a brim all the way around will protect your face, the back of your neck and what other part of the body?

Answer: **Ears** If your hat only has a brim on the front, such as a baseball cap, you also should make sure to apply a broad spectrum sunscreen on the back of your neck and your ears to protect your skin.

Question 10 yards: How long do the sun's UV rays take to damage your skin?

Answer: **15 minutes** The sun can take as little as 15 minutes to damage your skin. Therefore, wearing clothes that cover your body in the sun, applying sunscreen regularly and staying in the shade when possible are important

Question TOUCH DOWN: How long before going outside should sunscreen be applied?

Answer: **30 minutes** Applying sunscreen 30 minutes before going outside is important so the sunscreen has time to bind to your skin. If you apply it while outside and immediately