

# Know now: The hidden hazards of desert heat



Every southern Nevadan knows it gets very hot here. Most of us know the basics about how to stay safe. But did you know there's more to sun safety than using the right SPF?

## Medications under the sun

Heat and sun can change the effects – and effectiveness – of some medications. Some medications can react to UV exposure and cause sensitivity to the sun, raising your risk for rashes and sunburn, or even blisters:



- Antibiotics, like tetracycline and ciprofloxacin
- Antihistamines, including Benadryl
- Ibuprofen and naproxen, common over-the-counter anti-inflammatories
- Cholesterol drugs (statins)
- Oral contraceptives and estrogens
- Some antidepressants
- Skin medications, like retinoids, benzoyl peroxide, and AHAs

Other medications can make you more prone to heat exhaustion and heat stroke:



- Heart medications, like beta blockers and diuretics
- Amphetamines used to treat ADHD
- Antidepressants and antipsychotics

Be especially careful storing certain medications during summer months. Drugs like insulin, epi-pens, inhalers, and liquid antibiotics can lose effectiveness if they get too hot.



**Talk to your doctor about any concerns. Together, you can make a plan to stay on track with your medications while staying summer safe.**

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# Your summer refresher

There's good news about these hidden hazards – by following heat safety rules, you can avoid the worst side effects.

## Here are some handy basics to help you weather our hottest months



- **Hydrate, hydrate, hydrate**  
Plenty of water is your first line of defense
- **Use a sunscreen with at least SPF 40**  
Reapply as often as every 15–30 minutes
- **Wear hats and long sleeves if you're outside between 10:00 a.m. and 4:00 p.m.**
- **Add a sun substitute**  
If you're avoiding sunlight, ask your doctor if you should take a Vitamin D supplement
- **See your primary care provider for regular skin checks**  
Living in the desert leads to a higher risk of skin cancer

## Know the signs of danger



Your body temperature can rise to 104 degrees within 15 minutes.

If you feel dizzy, nauseous, and fatigued, move to a cool place immediately. Drink fluids and rest. If you stop sweating and feel disoriented, these are signs of heat stroke.

If you suspect you're experiencing heat stroke, seek immediate medical attention. In the meantime, cool down as much as possible, including using ice packs under your arms.



**If you have any questions about what you can do to be safe this summer, talk to your care team. They can help you identify risks and ways to avoid them.**

