



Sun Safety



To protect your skin and find skin cancer early, dermatologists recommend the following:

❖ Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours or as indicated on the label, even on cloudy days, and after swimming or sweating.

❖ Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.

❖ Seek shade when appropriate - sun's rays are strongest between 10 a.m. and 2 p.m.

❖ Use extra caution near water, snow and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.



Who Needs Sunblock

- ❖ According to American Academy of Dermatology more than 2 million people are diagnosed annually with skin cancer
- ❖ Many of these skin cancers could have been prevented with protection from the sun's rays



Various types of sunblock

What Type of Sunscreen Should You Use

- ❖ Broad-spectrum protection (protects against UVA and UVB rays).
- ❖ Sun Protection Factor (SPF) 30 or greater.
- ❖ Water resistance

1 in 5 | Americans will be diagnosed with skin cancer in their lifetime

Helpful Links

FDA—Sunscreen \\prdechome13\13\135\135028 \Desktop\Documents\Heat\Sun Screen\Understanding Over-the-Counter Medicines Sunscreen.mht

American Academy of Dermatology <http://www.aad.org/forms/SunSafetyDatabase/default.aspx>

American Cancer Society <http://www.cancer.org/healthy/besafeinthesun/>

What is the difference between UVA & UVB Rays

- ❖ UVA rays can prematurely age your skin, causing wrinkles and age spots, and can pass through window glass
- ❖ UVB rays are the primary cause of sunburn and are blocked by window glass

SPF Protection Levels

SPF 30, 97% of UVB Rays Absorbed

Excellent general-purpose sunscreen for all activities and conditions. Contains fewer sun-blocking agents than higher SPF sunscreens, so skin can breathe and perspire more freely.

SPF 45, 98% of UVB Rays Absorbed

A good choice for active use at higher elevations. Includes more sun-blocking agents and may feel heavy. Greasy or warm on skin. Good for children and winter activities.

SPF 50, 98% of UVB Rays Absorbed

Good for extended high-elevations exposure, thin-skin body regions (nose, ears) and children. Includes a high quantity of sun-blocking agents; may feel heavy, greasy, or warm on skin and reduce its breathability.