

## STAYING HEALTH IN THE SUN

- Minimize sun exposure between 10am-4pm. If your shadow is longer than you are tall, it is okay to be outside.
- Cover up with hats & clothing. Each inch of hat brim can lower your lifetime risk of skin cancer by 10%. Your best bet is to choose a hat that has a brim of at least 4 inches and choose clothing made of fabric that you can not see through.
- Wear sunglasses with UV filter protection. The eye is the second most common site in which melanoma develop.
- Check the UV index daily. This is a prediction of the sun's ultraviolet radiation and it is available on TV, the internet, radio, & newspaper.

(Source: <http://tray.dermatology.uiowa.edu/SafeSun/SafeSun-2.html>)

### QUIZ

1. Anyone can sunburn. True or False?
2. Children receive about 80% of their lifetime's sun exposure by age 18. True or False?

#### Quiz Answers

1. True – Anyone can get a sunburn! Both dark and light skinned individuals need sunscreen. Research shows a link between blistering sunburns in children and an increased risk of melanoma (the deadliest form of skin cancer) and other skin cancers.
2. True – Children receive about 80% of their lifetime sun exposure by the age of 18! Medical experts now believe that protecting the skin as a child and teenager can significantly reduce the risk of skin cancer and premature skin aging as an adult.

(For more info visit <http://tray.dermatology.uiowa.edu/SafeSun/SafeSun-2.html>)

<b>UV Index Rating</b>	<b>Risk</b>	<b>Minutes to Burn</b>	<b>Precautions</b>
0-2	Minimal	60	Sunscreen, UV Sunglasses
2-4	Low	45	Sunscreen, UV Sunglasses
4-6	Moderate	30	Sunscreen, UV Sunglasses, & Hat
6-10	High	15	Sunscreen, UV Sunglasses, Hat, & Umbrella
10-15	Very High	10	Sunscreen, UV Sunglasses, Hat, Umbrella, & Avoiding midday sun

## **SUNSCREEN 101**

- **Set a good example** for your children by protecting your own skin daily all year long with a sunscreen or moisturizer with a minimum sunprotection factor (SPF) of 15.
- **Understand UV radiation:** *UVA rays* make up the majority of our sun exposure because they pass through the ozone layer. They cause premature aging and contribute to skin cancer. UVA rays are also found in tanning beds. A UVA tan will not protect you from further sun damage. *UVB rays* can cause sunburns, cataracts, cancer, and immune system damage. Most UVB rays are absorbed by the ozone layer, but enough pass through to cause serious damage. *UVC rays* are the most dangerous, but fortunately they are blocked by the ozone layer.
- **Understand Sun Protection Factors (SPF).** The SPF number tells you how long you can stay in the sun without burning. Sunscreens work by helping to absorb the sun's rays. Sunblocks work by blocking or reflecting the sun's rays. A SPF of 8 filters out 86% of ultraviolet radiation. SPF 15 blocks 92% of damaging rays and SPF 30 blocks 96% of ultraviolet rays.
- **Apply sunscreen about 15-30 minutes before going outside** & don't forget to apply it to your lips, ears and exposed scalp.
- **Reapply** sunscreen approximately every 2-3 hours. Also, reapply after swimming or sweating.
- **Avoid** use on infants six months and younger because sunscreens may irritate baby skin. Care should be taken to totally avoid sun exposure during this period.

(Source: [www.kidhealth.org](http://www.kidhealth.org) & <http://tray.dermatology.uiowa.edu/SafeSun/SafeSun-2.html> )

FROM WWW.SCHOOL-NURSING.ORG