

Sun Safety

Whether you are a parent, teen, or child, you are exposed to the sun a great deal in the summer. Although the sun is a wonderful thing, too much sun can be harmful to your health. Taking precautions like wearing sunscreen, hats, and sunglasses and taking breaks from the sun in the shade are all important in keeping yourself safe from the sun.

Time Spent in the Sun

- **UV rays from the sun are what makes the sun so dangerous. UV rays are linked to skin cancer.**
- **What's really scary is that UV rays can cause damage to the skin in as little as 15 minutes. The longer you stay in the sun, the worse the damage will get.**

Stay Safe in the Sun

Sunscreen



➤ Sunscreen will absorb or reflect light away from your skin, so your skin does not take the damage.

➤ A good sunscreen should have an SPF of at least 15. The higher the number, the better protected you are from the sun. Try to go for an SPF of 30.

➤ Remember, sunscreen wears off, so reapply periodically. You can never be too safe. Reapply after swimming, sweating, or toweling off.

➤ Sunscreen should be worn every day of the year, even in winter and on cloudy days. UV rays are still hitting you.

➤ Some makeup is a sunscreen, but if it is not an SPF of at least 15, do not use it by itself.

➤ If you want a natural sunscreen, you could try raspberry seed oil that has an SPF of 30, wheatgerm oil with an SPF of 20, or avocado oil with an SPF of 15.

Sunglasses



- Eyes are also in danger when in the sun. Too much sun can cause cataracts or irritate the eyes.
- Find sunglasses that offer UVA and UVB protection. Most sunglasses in the United States will do this.
- Wrap-around sunglasses work the best because they prevent UV rays from sneaking in through the sides.
- It does not matter if they cost \$5.00 or \$50.00. Just look for something with protection.
- Sunglasses can also protect the sensitive skin around your eyes.

Hats



- Hats with brims that go all the way around and shade the face provide the most protection from the sun.
- Straw works the best to protect from UV rays.
- Avoid hats designed with holes in them.

- If you wear a baseball cap, make sure to sunscreen ears and neck (front and back) with an SPF of 15 or more.

Shade

Staying in the shade when outside can also protect against skin damage.

It's best to use sunscreen and protective clothing any time you are outside, **even when in the shade.**

