



## Reduce Ultraviolet Ray Exposure

- Limit your time in the sun between 10 am and 4 pm, when the sun's rays are the strongest.
- Stay in the shade when the sun is the most intense.
- Even on cloudy days, 80% of the ultraviolet rays get through the clouds.
- Don't use tanning beds as these increase skin cancer risk.

## Protect Your Skin by These Simple Steps:

- Reduce UV Ray Exposure
- Use Sunscreen and Lip Protection
- Wear UV Protective Clothing and Sunglasses
- Wear UV Protective Hats
- Check Your Skin Every Month

## Ultraviolet Rays

Ultraviolet Rays (UV) are part of our atmosphere and can damage the DNA of our skin. The three types of UV rays are linked to:

### UVA:

- Tanned look on skin
- Premature skin wrinkling and aging
- Eye damage, including cataracts
- Rashes, photosensitivity, and allergic skin reactions
- Skin cancer

### UVB:

- Sunburn or redness of skin
- Premature skin aging
- Skin cancer

UVC is filtered by the ozone layer and does not damage human skin.

Protecting yourself from the harmful rays of the sun is important because skin damage from UV rays is cumulative over time. Once skin damage occurs, it cannot be reversed. Effects of the sun, such as those listed above, often attribute to the aging process.



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# Protect Your Skin



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## Use Sunscreen and Lip Protection



Use sunscreen daily. Sunscreens are rated with a Sun Protection Factor (SPF). Choose a broad spectrum, water-resistant 30 SPF sunscreen. Sunscreens are regulated by the FDA for protection.

Apply 1 oz. to your body and 1 teaspoon to your face. Sunscreens should be applied 20 – 30 minutes before going out in the sun.

Reapply sunscreen every two hours and more often when sweating or swimming.

Use lip balm or lipstick that provides at least 15 SPF protection from UVA and UVB rays.

No sunscreen should be applied to babies 6 months or younger. Keep the little ones in the shade, indoors, or covered up during the midday.

## Check Your Skin Every Month

Every month check your body for skin or mole changes. People who have had skin cancer are likely to have additional occurrences within five years. Become familiar with moles and spots on your skin. If you see changes, have them checked by a medical professional.

## Wear UV Protective Clothing and Sunglasses

Clothing can provide some protection from the sun. Long sleeve tops and pants or long skirts protect more of the surface of the skin, however, can be very hot. Loosely fitted clothing allows for better air circulation and can help to keep you cool.

Dark colors provide better protection from the sun but tend to absorb heat. A navy or black tee-shirt has a rating of 20-25 UPF; whereas, a white, knit tee-shirt has a rating of 5 UPF (3 when wet). Choosing a medium color, such as red, green, medium blue or purple fabric provides for protection and comfort. Closely woven or knitted fabric provides more protection than open weave fabric.



Buy and wear sunglasses that provide 99 – 100% UVA and UVB protection.

Ultra Protective Factor (UPF) is a rating by the U.S. Food and Drug Administration (FDA). The higher the rating, the better the protection. A 50 UPF is similar to applying sunscreen with a 30 SPF. These fabrics are generally more expensive but lightweight. Look for this clothing in specialty sports stores, catalogs, or on the web.



## Wear UV Protective Hats

UV protective hats create a barrier between skin on the head, neck and ears where skin cancer cells are likely to appear. Hats should:

- Have a 3" or wider brim.
- Shade the face, temples, ears, and neck.
- Be constructed of tightly woven fabric that blocks ultraviolet rays.

Straw hats are not ultraviolet safe unless they are lined in the brim and crown with ultraviolet safe fabric. Baseball caps do not provide protection to the ears and temples.