

Before You Have Fun in the Sun, Know The Facts.

Sun protection at any age is important to prevent the short-term and long-term damaging effects of sunlight.

It's important to start sun protection in early childhood to prevent skin cancer later in life.

Skin cancer is strongly associated with exposure to sun which produces ultraviolet UV radiation. Your overall chance of developing a skin cancer is related to your lifetime exposure to UV radiation.



Health New England *How Can We Help?*SM

The material contained in this brochure is for general information only and is not intended to provide specific medical advice or recommendations for any individual. Your physician or other health care professional must be consulted for advice with regard to your individual situation.

Visit Healthy Directions at hne.com

Protect Yourself From the Sun

- Use sunscreen with at least a sun protection factor of SPF 15 and UVA/UVB protection.
- Protect your eyes with sunglasses that block both UVA and UVB rays.
- Don't forget to protect your lips. They can get sunburned too. Apply lip balm that contains SPF 15 or higher.
- Wear a hat that shades your face, scalp, ears, and neck.
- Cover up.
- Avoid tanning salons.
- UV rays are strongest and most harmful during midday. Seek shade from trees or umbrellas.
- Limit direct sun exposure between 10 a.m. and 4 p.m. when the sun's rays are the strongest.

THINGS YOU SHOULD KNOW ABOUT SUNSCREEN:

There is no safe way to tan so protect yourself and your children from the damaging effects of the sun.

- Regardless of skin type and ethnicity, everyone needs to use sunscreen.
- Sunscreen should have an SPF of at least 15 and provide both UVA and UVB protection.
- Use sunscreen even on cloudy days.
The damaging rays from the sun can penetrate the clouds.
- Choose “water resistant” or “waterproof” sunscreen.
- Don't forget to use sunscreen on those often forgotten areas such as ears, nose, backs of hands, behind knees, and tops of feet.
- Apply sunscreen one half hour **before** going outdoors.
- Re-apply every two hours when outdoors. Even water resistant sunscreens may lose their effectiveness after 80 minutes in the water.
- Sunscreens should maintain their original strength for at least three years.

ADDITIONAL RESOURCES:

American Academy of Dermatology

aad.org

1-888-462-3376

1-866-503-SKIN (7546)

American Cancer Society

cancer.org

1-800-ACS-2345

National Cancer Institute

nih.gov

1-301-496-4000

National Safety Council

nsc.org

1-630-285-1121