



SAFE FUN IN THE SUN

Did you know?

- 80% of your lifetime exposure to the sun occurs before age 20.
- A blistering sunburn in childhood is one of the major risk factors for developing melanoma.
- 1 in 5 Americans will get skin cancer. You are at highest risk if you have light colored skin with blue eyes or if your skin freckles.
- Artificial tanning beds deliver *four* times the UV exposure of the noon time sun.

MYTHS about the sun and tanning

- Once you "build up" your tan then you won't burn or have to worry about damaging your skin. *Actually all tanning is damaging to the skin and there is no such thing as a "base tan".*
- Tanned skin makes people look healthy and youthful. A little tanning is good. *Actually, the skin ages much more rapidly with sun exposure. This is especially true for the face.*

THE ABC's OF SUN PROTECTION

A Stay **away** from the sun during the peak intensity hours of 10 a.m. to 3 p.m. Remember that clouds do not completely block the ultraviolet rays from reaching the ground. Sunscreen is still necessary for protection. Also sand, water, cement and snow reflect the sunlight and intensify your exposure.

B Use **sunblock** frequently and regularly. It is best to apply it daily because sun exposure accumulates during regular activities throughout the day. Remember to reapply every 2 hours after time in the water or after sweating. It is best to use waterproof sunscreens when swimming. Don't forget commonly missed areas such as the ears and neck.

C Cover exposed areas with light colored, tight weave clothing, especially on young babies for whom extensive sunscreen use is not recommended. Remember to use hats and sunglasses.

IMPORTANT FACTS ABOUT SUNSCREENS

In general, physical sunscreens are preferable for children because they are less likely to cause an allergic reactions or skin and eye irritation. Examples of physical sunscreens are ones with either zinc oxide or titanium oxide as the active ingredients.

A few brands to specifically look for are Neutrogena, Waterbabies and Ombrelle.

SPF ratings over 30 do not give you significantly more protection from the sun's rays. Most dermatologists believe SPF 30 is sufficient.

Sunscreen is safe to use on the exposed areas of infants under the age of 6 months, but protective clothing for this age group is also necessary.

Discard unused sunscreen at the end of the summer because sunscreens gradually lose their effectiveness.