SUN EXPOSURE

Intermittent sunburn is the main cause of basal cell and squamous cell carcinomas. You can get photo-aged damage long before you get pink or sunburned.

**SUNSCREENS:** (work by absorbing, reflecting or scattering the sun’s rays on the skin)

- **SPF Number:** ratio of minimal UV dose required to produce redness with and without a sunscreen
- **Broad Spectrum:** sunscreens reflect both UVA and UVB rays. They do a better job of protecting skin
- **Sunscreen:** is not meant to allow you to spend more time in the sun than you would otherwise

- Cosmetics and lip protectors must be 15 SPF to be protective
- The average user of sunscreen tends to use significantly less than the amount required to achieve the SPF listed on the container
- Sunscreens work immediately upon application. The reason to apply early is to allow absorption so less likely to wash off.
- Lavishly apply a sunscreen and lip screen with a sun protection factor (SPF) of at least 15 and reapply it every two hours according to the directions on the label.
- Reapply sunscreen as needed after swimming, sweating or towel drying, and during peak sun hours. Use sunscreen even on cloudy days. Apply one half hour before going outdoors.
- Avoid the sun during the middle of the day, especially between 10 am and 4 pm when the atmosphere absorbs less of the harmful UV rays of sunlight than earlier or later in the day.
- If you have to be out in the midday sun, avoid long periods of direct sun exposure. Stay in the shade.
- Wear a wide-brimmed hat, protective tightly woven clothing, and sunglasses.
- Never leave children exposed to the sun without adequate protection. Because of the long time it takes for cancer to develop, studies suggest that over-exposure early in life may lead to skin cancers later in life.
- Check expiration date. If none, shelf life of no greater than 3 years.
Sun Protective Clothing—Offers another way to protect skin.
- Tighter weave
- Labeled with UPF value (the greater the number the more protection)

Hats
- Should provide shade for head and neck
- Should have brim all the way around
- If wearing a baseball cap put sunscreen on ears and back of neck

Sunglasses
- Protect eyes from UV rays
- Protect tender skin around eyes
- Best if glasses block both UVA and UVB (most sold in US meet that standard)
- Wrap around glasses work best