



SUN SENSE

WHAT IS UVA & UVB LIGHT?

The Sun beams its energy to earth as heat, visible and invisible light. UVA & UVB light is invisible and can damage skin resulting in increased numbers of moles, freckles, cancer and wrinkles.

FACTORS OF SUN PROTECTION

Time - Sun is strongest between 11 a.m. and 3 p.m.

Geography - Sun is most intense near the equator and at high altitudes

Weather - Clouds and smog do not totally block UVA and UVB light from reaching the earth.

Reflectivity - sand, water, cement, roads and snow reflect over 1/2 of the sun's rays.

Skin-Type - People with darker skin have more natural protection from the sun.

HOW TO PROTECT YOURSELF FROM THE SUN

- Avoid the sun between 11 a.m. and 3 p.m.
- Beware of the sun's reflectivity from sand, snow, and water.
- Wear protective clothing.
- Use sunscreen with sun protection factor (SPF) of 15 or greater. Apply sunblock 20-30 minutes before going outside and **reapply** at least every two hours. Use waterproof sunscreen for use in water.

SUN PROTECTION FACTOR (SPF)

The “SPF” number on the sunscreen lotion is a guide on how long you can stay in the sun before burning. “Waterproof” on the sunscreen label indicates that the protection is effective for four 20-minute swims. “Water resistant” is effective for two 20-minute swims. Reapply more frequently if perspiring excessively or toweling off frequently.