



# Your Health and Wellness

## Sun Safety

June 2014

## Safety Under the Sun

### The danger of overexposure

Stepping out into the sun can feel great, but it's important to remember that too much exposure can lead to adverse health effects. Both UVA and UVB rays have been linked to skin cancer, weakening of the immune system, and premature aging.

## Bask, Don't Burn

### Follow these tips to prevent and heal sunburns

Sunburns can happen within 15 minutes of being in the sun, but redness and discomfort may not be noticed for hours. Unprotected sun exposure is more dangerous for individuals with moles or freckles, very fair skin and hair, and those who have a family history of skin cancer.

## Best Practices

**Slip on a shirt:** Cover up with protective clothing as much as possible when you are out in the sun. Choose comfortable clothes made of tightly woven fabrics that you cannot see through when held up to a light.

**Apply sunscreen:** Use sunscreen and lip balm with SPF 30 or higher. Apply a generous amount of sunscreen to unprotected skin 30 minutes prior to going outside. Reapply every 2 hours and after swimming, drying off, and sweating. You should use sunscreen even on overcast days.

**Wear a hat:** Cover your head with a wide-brimmed hat, shading your face, ears, and neck. If you choose a ball cap, remember to protect your ears and neck with sunscreen.

**Put on sunglasses:** Wear sunglasses with 100% UVA and UVB protection.



### Did you know?

More than 700,000 new cases of skin cancer are diagnosed in the U.S. each year.

The risk of melanoma increases by 75% when exposure to tanning beds occurs before age 30.



### Prevention and Treatment Tips

Minimize sun exposure between 10 a.m. and 4 p.m.

Apply sunscreen that provides UVA and UVB protection with SPF 30 or higher.

Wear protective clothing, sunglasses, and hats.

Use moisturizing creams or aloe gels to provide comfort.

When going outside, make sure to fully cover sunburned areas.

Use ibuprofen or acetaminophen to help with pain and discomfort if needed.

Consume extra fluids for the next 2–3 days.

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