

Prevention

Sun Safety Tips: Protect Yourself from the Sun

Apply a "Broad Spectrum SPF" Sunscreen Daily

- "Broad Spectrum" indicates there is good UVA and UVB coverage
 - SPF of 15 blocks 93% of UVB rays (not much benefit is gained after SPF 15)
 - SPF of 35 blocks 97-98% of UVB rays
- Use a sunscreen with a Sun Protection Factor (SPF) of at least 15
- Use water resistant sunscreen if you are sweating or in water. It will be labeled with a 40 or 80 minute effectiveness

Use Enough Sunscreen & Reapply

- Reapply every 2 hours when outdoors (even on cloudy days)
- Reapply sunscreen more often if you are sweating or swimming
- Expect to use a whole tube of sunscreen if at the beach a whole day.

Wear Protective Clothing

- Dark, tightly woven clothing, such as long-sleeved shirt, pants
- Wide-brimmed hat
- Sunglasses
- You can increase the UV protection of clothing by using Rit Sun Guard SPF wash in your laundry

Avoid Sun

- Seek Shade whenever possible
- The sun's rays are the strongest between 10 a.m. and 4 p.m
- Avoid reflective surfaces (snow, sand, water, concrete) which can reflect up to 85% of the sun's damaging rays
- A significant amount of sun exposure comes through car windows and clouds (70% of UV rays pass through)
- While UV exposure is greatest in the summer, UV reaches the Earth everyday so you need to protect yourself year round
- UV exposure has a higher intensity with higher altitude

Avoid Tanning Beds:

- Emit mainly UVA radiation
- Less likely to cause sunburn than UVB from sunlight
- UVA linked with melanoma, immune system damage and premature aging
- UVA rays go deeper in the skin than UVB
- 30 million people tan indoors every year in the US alone (about 2.3 million of them are teens)
- UV tanning units may be 10-15 times stronger than midday sunlight on the Mediterranean Sea
- Overall 75% increase in melanoma risk when indoor UV tanning began before age 30

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Clothing Links

Protective clothing, such as long sleeved shirts, pants, wide brimmed hats and sunglasses, can be worn to reduce the likelihood of sunburns and overexposure to harmful ultraviolet light. Loosefitting, tightly woven dark fabrics are better at blocking harmful UV rays.

Please see below for companies that provide treated clothing with known SPF protection:

- Solumbra - www.sunprecautions.com
- Coolibar – www.coolibar.com
- Athleta – www.athleta.com
- Solartex – www.solartex.com
- Solar Gard (protective window film) - www.solargard.com/us/
- Treadley bike helmet covers - www.treadley.com