

# Prevention

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## 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 30 blocks 97% of UVB rays
  - SPF of 50 blocks 98% of UVB rays
- Use a sunscreen with a Sun Protection Factor (SPF) of at least 30
- 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