

Block the Sun, Not the Fun!

The ABCs of Preventing Sunburn

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| Away | Stay away from the sun in the middle of the day, when the sun's rays are the most damaging. |
| Block | Block the sun's rays using a SPF 15 or higher sunscreen. Apply the lotion 30 minutes before going outside and reapply it often during the day. Sunscreens should not be used on infants under 6 months of age. |
| Cover up | Cover up with a long sleeve shirt and hat when in the sun. Use clothing with a tight weave to keep out as much sunlight as possible. Keep babies younger than 6 months old out of direct sunlight at all times. Hats with brims are important. |

American Academy of Dermatology

Too Much Sun Can be Bad for Your Skin and Can:

1. Increase your chance of skin cancer
2. Increase your risk of eye damage
3. Cause your skin to wrinkle faster

The Best Ways to Protect Yourself from Too Much Sun are:

1. Covering your skin and eyes
2. Not staying out in the sun too long

Be careful of reflective surfaces like sand, pavement and snow. Reflective surfaces can reflect up to 85 percent of the damaging sun rays. If you are on a reflective surface, even being under an umbrella may not protect you from the sun.

Wear sunglasses with UV protection. When you buy sunglasses, they should have a "UV protection" label.



Medications may cause extra sensitivity to sun. Many over-the-counter and prescription medications increase the skin's sensitivity to UV rays. Even if you have skin that tends not to burn easily, you can develop a severe sunburn in just minutes when taking certain medications.

(More information on back)

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How to Use Sunscreens

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A sunscreen protects from sunburn and minimizes suntan by absorbing UV rays. Using sunscreens correctly is important in protecting the skin. Consider the following recommendations:

- Choose a sunscreen for children and test it on your child's wrist before using. If your child develops skin or eye irritation, choose another brand. Apply the sunscreen very carefully around the eyes.



- Choose a broad-spectrum sunscreen that filters out both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- Apply sunscreens to all exposed areas of skin, including those easily overlooked areas, such as the rims of the ears, the lips, the back of the neck and tops of the feet.
- Use sunscreens for all children over 6 months of age, regardless of skin or complexion type, because all skin types need protection from UV rays. Even dark-skinned children can have painful sunburns.
- Apply sunscreens 30 minutes before going out into the sun to give it time to work. Use it liberally and reapply it every two hours after being in the water or after exercising or sweating. Sunscreens are not just for the beach—use them when you are working in the yard or participating in sports.
- Use a waterproof or water-resistant sunscreen.

- Use of a sunscreen with SPF of 20 to 30 offers substantial protection from sunburn and prevents tanning. High SPF sunscreens protect from burning for longer periods of time than do sunscreens with lower a SPF. Talk with your older child or teenager about using sunscreen and why it's important. Set a good example for them by using sunscreen yourself.
- Teach your teenager to avoid tanning beds and salons. Most tanning beds and salons use ultraviolet-A bulbs. Research has shown that UVA rays may contribute to premature aging of the skin and skin cancer.



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