



# Fun & the Sun: A Skin Protection Guide for Families

## Choose and Use a Good Sunscreen

- Broad-spectrum Make sure your sunscreen blocks both UVA and UVB rays. [UVB rays Burn and UVA causes Aging.]
- SPF of at least 15.
- Apply sunscreen liberally.
- Apply 20-30 minutes before going out
- All sunscreen, even waterproof sunscreen, should be reapplied every 2 hours. If you swim, sweat, or towel dry your skin, sunscreen should be reapplied more frequently. The active ingredients in sunscreen wear out in two hours.
- Don't forget lips, ears, feet, hands, bald spots, and the back of your neck.

## Seek Shade

- Especially between 11am and 3pm when the sun's rays are most intense.

## Wear Protective Clothing

- Hat--especially wide-brimmed hat to protect neck, ears, eyes, forehead, nose, and scalp
- Sunglasses that block 99 to 100% of UVA and UVB rays
- Shirt with sleeves (at least a t-shirt)

## Avoid Tanning Booths

- Tan skin is damaged skin. Artificial UV lamps deliver a huge dose of damaging UV and increase the risk of skin cancer.

## Know the UV Forecast

- The UV Index gives the expected noontime UV radiation reaching Earth's surface on a scale of 1 to 10+. The higher the number, the greater the exposure to UV radiation and the greater the need to protect your skin. The UV forecast can be found online: <http://weather.com>

The UV Index		
Index Number	Exposure Level	Minutes to Skin Damage
0-2	Minimal	>60
3-4	Low	30-40
5-6	Moderate	20-30
7-9	High	10-20