



REMINDER

Sun Safety

Description of Issue and Importance

Summer is a great time to enjoy fun in the sun, if it is done safely.

Certain medications will make an individual more sensitive to the sun.

Remember, everyday sun exposure counts; you do not have to be sunbathing to get a damaging dose of the sun. Practice sun-protection basics year round to give your skin the best chance of long-term health.

Recommended Action and Prevention Strategy

- Use a sunscreen of SPF 15 or higher or as directed by physician. Choose a sunscreen with ingredients that block both UVA (ultraviolet A) and UVB (ultraviolet B) rays.
- Apply sunscreen liberally and evenly to all exposed skin. Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp if hair is thinning, hands, and tops of feet.
- Apply sunscreen before going out in the sun and reapply at least every two (2) hours, or more often if some of the product may have been removed while swimming, sweating, or towel drying.
- Choose a sunscreen that suits the skin type and activity. Sunscreens are available in lotion, gel, spray, cream, and stick forms. Some are labeled as water resistant, sweat proof, or especially for sports; as fragrance-free, hypoallergenic, or especially for sensitive skin or children.
- Wear long-sleeved shirts and long pants. Wear a broad-brimmed hat to aid in preventing skin cancer in frequently-exposed areas like the neck, ears, scalp, and face.
- Ultraviolet-blocking sunglasses with wraparound or large frames protect eyelids and the skin around the eyes, common sites for skin cancer and sun-induced aging. Sunglasses also help reduce the risk of cataracts.
- Be aware that sunlight bouncing off reflective surfaces can reach skin even beneath an umbrella or a tree.

Related Resources

“Heat Related Illnesses” and “Summer Outdoor Activities” Reminders

References

American Academy of Dermatology. How to select a sunscreen. Retrieved 10/12/2015 from: <https://www.aad.org/dermatology-a-to-z/health-and-beauty/general-skin-care/sun-protection/sunscreen-labels/how-to-select-a-sunscreen>

U. S. National Library of Medicine: MedlinePlus. Sunburn. Retrieved 10/21/2015 from: <https://www.nlm.nih.gov/medlineplus/ency/article/003227.htm>