



# TIPS FOR SUN SAFETY



## DO

- Use mineral-based sunscreens such as zinc oxide or titanium dioxide
- Use lotions and sunscreen sticks
- Apply sunscreen 15 minutes before sun exposure and follow label instructions for the frequency of repeated applications
- Have adults apply sunscreen to children
- Apply sunscreen first and wait five to ten minutes before using bug spray



## AVOID

- Sunscreens that use chemical filters like oxybenzone, octinoxate, or methythiazolinone as the active ingredient
- Aerosol containers to prevent inhalation of the sunscreen
- SPF's higher than 50
- Combination bug spray-sunscreen products
- Sunscreen on infants under 6 months of age

---

## UV RADIATION EXPOSURE

There are two different types of UV radiation rays that humans come into contact with on a daily basis: UV-A and UV-B.

UV-B rays penetrate the top layer of the skin and are primarily responsible for sunburns, which is a big risk factor for skin cancer.

UV-A rays have the longest wavelength of UV radiation, so they penetrate the deepest into the skin. They are responsible for the wrinkling and leatherness of skin. UV-A can increase the carcinogenic (cancer causing) effect of UV-B rays because the cells under the top layer of skin are also damaged and cannot help repair the sunburn above.



\*\*\*Important: The benefits of protection afforded by sunscreen use against UV radiation outweigh the concerns about some sunscreen ingredients. Always use sunscreen to protect yourself and your children.

---

## WHAT IS SUNSCREEN MADE OF?

The active ingredients in sunscreens come in two forms, mineral and chemical filters. Each uses a different mechanism for protecting skin. The most common sunscreens on the market contain chemical filters. These products typically include a combination of the following ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. Mineral sunscreens use ingredients such as zinc oxide and/or titanium dioxide. Some "broad spectrum" products combine zinc oxide with chemical filters.

All available research shows that zinc oxide and titanium dioxide can be safely used in sunscreen lotions and that both pose a lower health hazard than most other sunscreen ingredients approved in U.S.

---

## MORE TIPS FOR SUN SAFETY

Wear light-weight, long-sleeve shirts and pants AND always wear a hat if you plan on being outside in the sun.

Sunglasses are also a must to protect your eyes. Make sure the sun- glasses are UV protected so they are actively safeguarding your eyes from harmful UV rays. Polarized sunglasses provide even better protection from glare, especially from water, and can keep your eyes safer and healthier.

Organize outdoor activities for the early morning or late afternoon to avoid the sun's most intense rays. Finally, if you do need to be outside in the middle of the day, find some shade to cool off and protect your skin.

---

## ECO-HEALTHY CHILD CARE®

[WWW.CEHN.ORG/EHCC](http://WWW.CEHN.ORG/EHCC)

(202) 543-4033 x 10 | Facebook: @ehcc1

Instagram: ecohealthychildcare

