



TIPS FOR SUN SAFETY



AVOID

- Sunscreens that use chemical filters like oxybenzone as the active ingredient.
- Sunscreens that contain retinyl palmitate, retinol or vitamin A.
- Aerosol containers to prevent inhalation of the sunscreen.
- SPF's higher than 50.
- Combination bug spray-sunscreen products.
- Direct sun exposure for infants under 6 months of age.

DO

- Use mineral-based sunscreens (e.g., active ingredient is zinc oxide).
- Use lotions and sunscreen sticks.
- Choose sunscreen that provides broad spectrum protection: protection from UV-A and UV-B rays.
- 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.



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.

Make sure your sunscreen offers broad spectrum (UV-A and UV-B) protection.



***Important:

The best way to protect children from the sun is with a hat, long-sleeve shirt and shade. After that, protect them with a sunscreen product that's effective and uses safer ingredients.

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. Sunscreens that use chemical filters often use a combination of the following ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate. Mineral sunscreens use ingredients such as zinc oxide.

All available research shows that zinc oxide can be safely used in sunscreen lotions and pose a lower health hazard than other sunscreen ingredients approved in the 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 sunglasses 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.

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