



**Sun Damage – from UV (ultraviolet) rays can put you at risk for:**

**Skin Cancer**

**Sunburn**



**Heat illnesses**

**What can I do to protect myself?**

***Avoid tanning beds, or sun tanning outside.*** Tanning salons use UVA rays which can cause wrinkles and skin cancer over time.



***Wear a hat or long sleeves and Wear Sunscreen.*** The higher the SPF number on your sunscreen, the more protection you get! Aim for 15 or higher. Choose a brand that protects against UVA and UVB, also called broad spectrum. Even on cloudy days you still need sunscreen to protect from harmful UV rays. People with darker skin tend to burn less easily, but still need sunscreen because even a healthy-looking tan can still be a sign of sun damage. Reapply sunscreen every 2-3 hours, or more often if you are swimming.

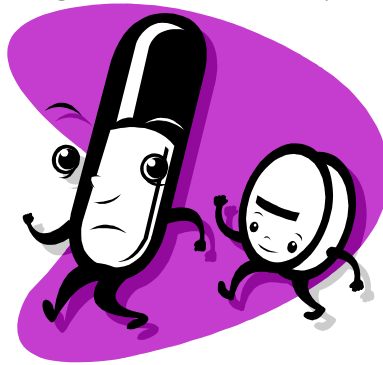


***Stay hydrated*** by drinking a lot of water.



***Avoid the sun when it is strongest.*** From 10:00 A.M. to 4:00 P.M. the sun's rays cause the most damage.

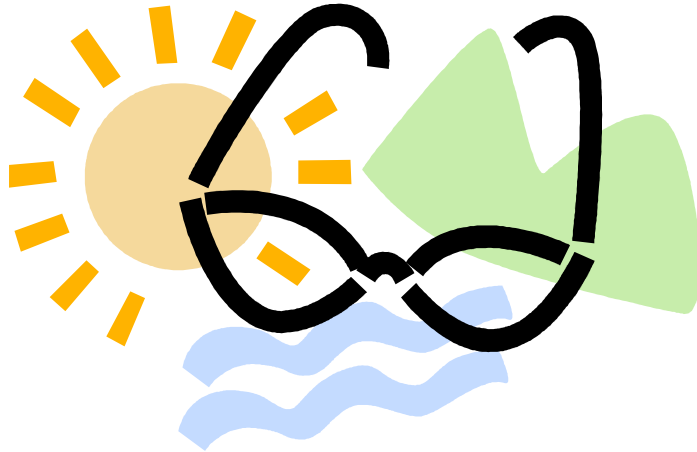
***Check your medicines.*** Some medications can cause extra sensitivity to the sun, causing more sun damage and burns. Ask your medical provider if this



could be a problem for you.

***Wear sunglasses.*** The sun can hurt your eyes too, not just your skin. Sunglasses that say 100% UV protection are the best kind. Long term sun

exposure without sunglasses can lead to cataracts, or clouding of the eye's lens,



which can lead to blindness.

***Protect your children.*** Kids by the age of 18 already get about half of their lifetime sun exposure. This can even lead to cancer as an adult. Use the same cautions for kids including sunscreen and protective clothing.



Submitted by Julie B. Ransom PA-C