

Summer Safety: Week 1 – Sun Safety

It's summertime again and that means it is time to get out and enjoy the feeling of the warm sun on your face. As you soak up the rays, make sure that you are protecting yourself from the harmful UV rays that the sun can cause. This week, we are providing you with some education about the sun's rays and great tips on how to protect yourself and your family while you are out enjoying this beautiful weather!

UVA vs. UVB Rays

Long wave rays	Short wave rays
Less intense	Greater intensity
Present with equal intensity throughout all daylight hours/seasons	Intensity varies by season, location and time of day
Can penetrate through clouds and glass	Does not significantly penetrate glass
Dominant tanning rays, can lead to skin cancer	Chief cause of skin reddening/sunburn, plays key role in development of skin cancer



Positive Effects of Sun Exposure

- Warmth
- Visible light
- Vitamin D3 synthesis in the body
- Enhances people's moods
- Kills pathogens

Negative Effects of Sun Exposure

- Sunburn
- Premature aging
- Skin cancer
- Diseases of eye
- Immune suppression



SPF – What Does It All Mean??

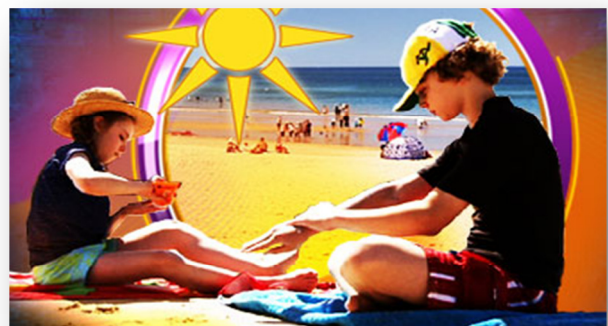
SPF means "**Sun Protection Factor**". SPF levels go from SPF8 all the way to SPF100. The SPF level indicates *how long it will take for UVB rays (the most harmful rays) to redden the skin* when using sunscreen versus how long it will take without protection. For example, if it takes your skin 10 minutes to redden in the sun without sunscreen, using an SPF15 will keep your skin protected for 150 minutes.

Your best bet for skin protection is to ensure that you are using a **broad-spectrum sunscreen** which will keep you protected from UVA rays as well as UVB rays. Apply two tablespoons of sunscreen to entire body (*pay special attention to delicate areas like face, neck, shoulders and back*) 30 minutes before going out in the sun and reapply every 2 hours (sooner if you are sweating or have been in the water).

***DID YOU KNOW that a tan is actually an INJURY to your skin's DNA and that these injuries can lead to skin cancer?**

Best Bets to Stay Safe in the Sun!

- Always seek shade outdoors, especially from 10-4pm.
- Consider adding flat, tinted, UV-protective film to car and home windows.
- Dress to limit sun exposure – this can mean wearing clothing with a UPF rating (*ultraviolet protection factor*) or wearing tightly woven, loose-fitting clothing.
- **Always** use sunscreen
- Wear broad-rimmed hats and UV-blocking sunglasses.
- Examine skin head to toe monthly and see a professional annually for a skin examination.



Sources: www.skincancer.org, www.hc-sc.gc.ca