



# 5-2 Safety Short

*Less than 5 minutes to read—less than 2 pages long*

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## Avoiding Sunburns

*Courtesy of the The Skin Cancer Foundation*

It has gotten to the point where many major papers around the country are listing “burn times” when the sun begins to beat down; and for good reason, skin cancer death rates are soaring. How do you protect yourself and your family this summer as you head outdoors into the land of sun and fun?

1. Do not sunbathe.
2. Avoid unnecessary sun exposure, especially between 10:00 a.m. and 4:00 p.m., the peak hours for harmful ultraviolet (UV) radiation.
3. When outdoors, use [sunscreens rated SPF 15 or higher](#). Apply them liberally, uniformly, and frequently.
4. When exposed to sunlight, wear [protective clothing](#) such as long pants, long-sleeved shirts, broad-brimmed hats, and UV-protective sunglasses.
5. Stay away from artificial tanning devices.
6. If you are taking medications, birth-control pills, or using certain cosmetics, you risk an increased sensitivity to the sun and a possible allergic reaction when using sunscreen. Check with your doctor or dermatologist for advice.
7. Teach your children good sun protection habits at an early age: The damage that leads to adult skin cancers starts in childhood.
8. The sun's harmful ultraviolet (UV) radiation can penetrate many types of clothes
9. It can also go through automobile and residential windows
10. Overcast days are no guarantee of sun protection. The sun's rays are just as damaging and sunscreens are still a must.
11. Examine your skin head to toe at least once every three months.
12. Sand, snow, water, and, yes, even concrete will reflect the sun's rays back up to your skin. Protect yourself completely from sunburn by coating the underside of your nose, ears, chin, and other less-accessible body areas.

