

Sun Safety Tips

from The American Academy of Dermatology



Avoid peak sunlight hours; 10:00 a.m. to 4:00 p.m. while the sun's rays are the strongest.



Apply a broad-spectrum sunscreen, one that protects against UVA and UVB with a sun protection factor (SPF) of 15 or higher. Sunscreens with the following ingredients provide broad-spectrum protection: benzophenones (oxybenzone), cinnamates (octylmethyl cinnamate and cinoxate), sulisobenzene, salicylates, and avobenzone (parsol 1789). For people with sensitive skin, chemical-free sunblocks containing titanium dioxide or zinc oxide, which also afford broad-spectrum coverage, can be used.



Reapply sunscreen every 2 hours, especially after swimming or heavy perspiration.



Wear protective clothing including a wide-brim hat, sunglasses, and long-sleeve shirt and pants.



Apply lip balm that contains sunscreen with SPF of 15 or higher.



Seek shade while outdoors during the day.



Protect children by minimizing sun exposure and regularly applying sunscreen. This is crucial because excessive sun exposure in the first 18 years of life increases a person's chances of developing melanoma. Eighty percent of lifetime sun exposure occurs before age 18.



Avoid reflective surfaces such as water, snow, and sand that can reflect up to 85% of the sun's damaging rays.



Avoid tanning beds.

