

Stay Safe in the Sun Every Day - In the Winter, Spring, Summer and Fall

Not all sunscreens protect your skin from dangerous UV rays. Sunscreens must have a sun protective factor [SPF] of at least what to protect your skin?

Sunscreen must have a SPF of 15 or higher to keep you safe in the sun.

How often do you need to put sunscreen on during the day to be sure you keep your skin protected from the sun?

Apply about every 2 hours or more often if you've been swimming or sweating. Apply it after you come out of the water. Let it soak into your skin for about 20 minutes before you go back into the water. [Yes, even if your sunscreen claims to be waterproof]. Think of sunscreen as making a protective shield on your skin. The shield needs to stay strong to keep UV rays away. The only way to keep the shield strong is to use it correctly – reapply every 2 hours!

How many minutes does it take for sunscreen to start working to protect you once you put it on?

About 30 minutes. It must be applied 30 minutes before you go outside. If you jump out of the car and put it on before you run onto the ball field, playground or beach, it won't have enough time to soak in and develop a protective shield.

The sun warms our planet and helps trees and flowers grow. It gives our bodies Vitamin D. But the sun can be very dangerous also. What part of the sun can hurt you if you do not protect yourself?

The sun's ultraviolet [UV] rays are very dangerous. There are 3 different types, UVA, UVB and UVC. UVC rays don't reach Earth. If you don't protect yourself from UVA and UVB rays, you may burn now. However, a few serious sunburns can increase your risk of getting skin cancer later on.

Can UV rays hurt your skin during the winter?

Yes. UV rays come off the sun all year, every day. UV rays can bounce off of snow and onto your skin. Wear sunscreen every day of the year – winter, spring, summer and fall.

In addition to sunscreen, what can you wear to protect your skin from harmful UV rays?

Wear hats that have a brim wide enough to protect the face, ears and back of the neck. Baseball caps do not cover the tips of ears or backs of the neck. Wear clothing that covers your arms and legs. Some clothing has SPF built into it. A white tee shirt only has an SPF of about 7, not strong enough to block out UV rays.

Who needs to wear sunscreen, only people who have light skin or people of all skin colors?

Everyone of all skin colors needs to wear sunscreen to against the dangerous UV rays of the sun. UV rays can hurt people of all skin colors whether they burn in the sun or not.

The sun is very hot. It dries the moisture out of grass and gardens. What is the best thing you can drink to be sure that your body stays healthy in the hot weather?

Drink water. If your body does not have enough water you can start to feel dizzy and sick. Tell someone and get out of the heat and sip some water.

Name some places you can find shade. Do you still need to wear sunscreen if you're going to be in the shade all day?

Find shade under a tree, an umbrella or a shade shelter. Yes. The UV rays can bounce off of cement, water and sand and onto your skin. You need to wear sunscreen to stay protected from UV rays. The sun is strongest from 10a.m.-4p.m. – try to find and stay in shady areas during that time.

What can you do to protect your lips from the sun's UV rays?

Wear lip balm that has a SPF of 15 or higher.

How many people *should* get sunburn?

Zero!!! No one should get sunburn.

If it is cloudy or rainy outside, do you still need to wear sunscreen?

Yes. If you're going to be outside, you must wear sunscreen. UV rays can go through the clouds and rain and onto your skin.

Do UV rays come only from the sun?

No. The high-pressure sunlamps used in tanning salons give off UV rays that can be as much as 12 times greater than those of the sun! People who use tanning salons are much more likely to get skin cancer. In fact, studies found that using a tanning bed in youth [18 and below] increases melanoma [skin cancer] risk by 75%!! *Remember; don't ever use a tanning bed...ever!!*

When must you wear sunscreen?

Every time it's not night time!

What must you wear to protect your eyes from the dangerous UV rays of the sun?

Wear sunglasses that block UV rays. When you buy sunglasses, be sure that they have a sticker or label on them that states "blocks 99% – 100% of UVA and UVB rays." Sunglasses that block the dangerous rays can be found in many supermarkets and drug stores at very affordable prices.