

# SUN SAFETY

During this time of year most people like to get a nice tan. But BEWARE!!! Too much sun exposure can be very bad for you. It can be a little as a sunburn or as bad as skin cancer or eye damage.

Skin cancer is the most common, yet preventable, form of cancer in the US. More than 3.5 million cases are diagnosed per year. The EPA (environmental protection agency) recommends these actions to protect you and your family:

- **DO NOT BURN-** Sunburn significantly increases one's lifetime chance of developing skin cancer, especially children.
- **AVOID SUN TANNING AND TANNING BEDS-**The UV from the sun and the tanning beds can cause cancer and wrinkles.
- **GENEROUSLY APPLY SUN SCREEN-** Apply at least one ounce of sun screen no fewer than 15 minutes before going outside. Use SPF of at least 15 and apply every two (2) hours or after swimming or sweating.
- **WEAR PROTECTIVE CLOTHING-** Wear long sleeves, pants, hats, and sun glasses when possible to avoid exposure.
- **SEEK SHADE-** Seek shade when possible, especially between 10 am and 4 pm when the UV rays are their strongest.
- **USE EXTRA CAUTION NEAR WATER, SNOW, AND SAND-** These surfaces are known to reflect the UV rays and increase your chance of sunburn.
- **CHECK THE UV INDEX-** This information can help you avoid overexposure.

UV Index

Exposure Category	UV Range
Low	< 2
Moderate	3 to 5
High	6 to 7
Very High	8 to 10
Extreme	11 +

These are just a few tips to help you prevent sunburn or other serious skin problems that are caused by the sun. A new or changing mole should be evaluated by a dermatologist. Have a safe summer!!!

<http://epa.gov/sunwise/actionsteps.html>