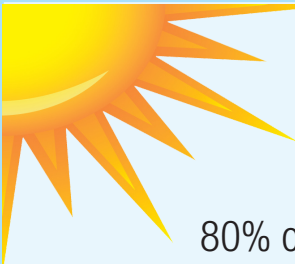


## THE SUN AND SUNSCREEN



### SUN EXPOSURE

Most kids get between 50% and 80% of their lifetime sun exposure before age 18, so it's important that parents teach their children to wear sunscreen while having fun in the sun.

### WHAT ARE THE RISKS FOR UNPROTECTED SKIN?

- Sunburn
- Skin cancer (melanoma)

### WHAT IS SPF?

SPF stands for Sun Protection Factor. SPF can range from as low as 2 to as high as 60. The higher the number the stronger its ability to block out harmful rays.

### SUNSCREEN TIPS

- Apply sunscreen at least 15 to 30 minutes before going outdoors
- If you towel dry yourself at the pool or beach, reapply waterproof sunscreen for continued protection
- Waterproof sunscreen may lose effectiveness after 80 minutes in the water, so be sure to reapply
- Use a lip balm with a SPF of 15 or higher

### WHAT TO LOOK FOR WHEN BUYING SUNSCREEN

- Pick a broad-spectrum sunscreen that protects against UV-A and UV-B rays and has a SPF of at least 15
- Read product labels. Look for a waterproof brand if you will be sweating or swimming
- Buy a non-stinging product to protect your eyes or one specifically formulated for your face
- Buy a brand that does not contain para-aminobenzoic acid (PABA) if you are sensitive to that ingredient
- If your skin reacts badly to the sunscreen that you are using, try a sunscreen with different chemicals. Not all sunscreens have the same ingredients
- Use a water-based sunscreen if you have oily skin or are prone to acne
- Although a costly brand may feel or smell better, it is not necessarily more effective in protecting your skin than an inexpensive alternative
- Be aware of the expiration date because some sunscreen ingredients might degrade over time

## HOW TO APPLY SUNSCREEN



- Shake well before use to mix particles that might be clumped up in the container. Consider using the new spray-on or stick types of sunscreen
- Use on all parts of your skin exposed to the sun, including the ears, back, shoulders, and the back of the knees and legs
- Apply thickly and thoroughly
- Be careful when applying sunscreen near the eyes

## MORE TIPS TO PROTECT YOURSELF FROM THE SUN

PROTECTION TIP	REASONS
Wear A Hat	A light hat is the best way to protect your head, face, ears, and back of the neck from the harmful rays of the sun.
Wear Protective Clothing	Light colored clothing protects exposed areas better than sunscreen.
Sun Avoidance	The sun's most harmful rays are between 10am and 4pm. Avoid when possible.
Wear Sunglasses	Ultraviolet (UV) rays can damage the eyes. Always wear sunglasses rated to block UV rays when working or playing outside.



### RESOURCES

[www.cdc.org](http://www.cdc.org)

[www.kidshealth.org](http://www.kidshealth.org)

For more information:  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)