

## Sun and Skin Safety

Ultraviolet (UV) rays are the part of sunlight that causes skin cancer and skin aging. UVA and UVB rays are in sunlight. Tanning beds also use UV radiation and cause the same skin damage as the sun. Use the following information to help protect your skin.

### UV Ray Exposure

**The best way to reduce your risk of skin cancer is to stay out of the sun.**

- UV rays are strongest from 10 a.m. to 4 p.m. If possible, avoid the sun during these hours.
- Stay in the shade when you are outside.
- UV rays are still present on cloudy and cool days.
- Avoid tanning beds, tanning panels and tanning lamps.
- Use extra caution if you have fair skin, have had skin cancer, or regularly work or play outside.
- Keep children under 6 months old out of the sun.

### Sun Protection

Always protect skin that is exposed to the sun. Use sunscreen and protective clothing.

#### Sunscreen

The chart below shows information you may see on sunscreen labels.

On the Label	Meaning	Recommendation
<b>Sun Protection Factor (SPF)</b>	How long a sunscreen protects you from UVB rays	Choose SPF 30 or higher.
<b>Broad Spectrum</b>	The sunscreen helps to block both UVA and UVB rays.	Choose broad spectrum sunscreen.
<b>Water Resistant</b>	The sunscreen works to help protect skin while sweating or swimming.	Follow the reapplication instructions on the product's label. Labels state if the sunscreen is water resistant for 40 or 80 minutes.
<b>Skin Cancer/Skin Aging Alert</b>	The sunscreen is not broad spectrum or has a SPF value under 15.	Choose broad spectrum <b>and</b> SPF 30 or higher sunscreens.

When choosing sunscreen, you may also consider the area of skin, allergies or skin sensitivities, and type of activity.

- Use lip balms with SPF 30 or higher.
- Stop using a sunscreen if you notice a rash. If you have a side effect to one sunscreen, it does not mean you are allergic to all sunscreens. Talk with your doctor or pharmacist.
- Some prescription medicines may make your skin more sensitive to sunlight. Talk with your doctor or pharmacist.

### **Applying Sunscreen**

It is important to properly apply and reapply sunscreen. Sunscreen wears off after a short time.

Follow these guidelines:

- Apply sunscreen at least 30 minutes before you go into the sun.
- Apply sunscreen evenly and generously. Start with 1 ounce (about the size of a golf ball).
- Use a full tablespoon on your face.
- Apply sunscreen even if you use make-up.
- Reapply sunscreen every 2 hours if sun exposure continues.
- If you use a spray sunscreen, reapply sunscreen every 60 to 90 minutes.
- If you are sweating or swimming, reapply more often. If your sunscreen is water resistant, check the product label for guidelines.

Test out new sunscreen products before you apply them on all of your skin. Apply a small amount on your inner wrist. Wait 24 hours to check for any reaction.

### **Protective Clothing**

Sunscreen does not completely prevent sun damage to your skin. Clothing can give you added protection. The fabric and color of clothing affect the level of sun protection.

Wear:

- Dark, tightly woven clothing or special sun-protective clothing
- Long sleeves and long pants
- Sunglasses with both UVA and UVB protection
- Large brim hats that protect your ears and neck

### **Sun-Protective Clothing and Products**

Sun-protective clothing is special clothing designed to block UV rays. You may consider sun-protective hats, clothing or other products, including:

- SunGuard™ laundry additive (<https://sunguardsunprotection.com>)
- Coolibar (<http://www.coolibar.com>)
- Sun Precautions (<http://www.sunprecautions.com>)
- Cabana Life (<http://www.cabanalife.com/>)

MD Anderson does not endorse any of these products.