



# SUN SAFETY

The FDA regulates sunscreens. They should contain only recognized active ingredients. SPF means “Sun Protection Factor”. It is recommended that SPF 15 or higher should be used to provide coverage against ultraviolet wavelengths. Of all FDA recommended ingredients, 3 offer optimum protection:

- 1) **Avobenzone** – an organic chemical
  - Known as Parson 1789
  - Seeps into skin and absorbs solar UV radiation
- 2) **Titanium Oxide and Zinc Oxide** – mineral substances
  - Contains microscopic particles that glide easily and almost invisible over the skin

Titanium oxide blocks UVA-1 radiation, which is at the shorter end of the UVA spectrum. Only avobenzone and zinc oxide block the sun’s longest rays.

Sunscreens should be used everyday. They can be applied under makeup. Sunscreens should be applied to dry skin 15-30 minutes BEFORE going outdoors. When applying, pay attention to the face, ears, hands and arms. Don’t forget that lips can get sunburned too, so apply lip balm that contains sunscreen.

Overexposure to ultraviolet light is the primary cause of skin cancers. Take the following precautions to avoid your risk.

- Avoid peak sunlight hours – 10a.m. until 4p.m. – when the sun’s rays are the strongest.
- Seek shade whenever possible. If your shadow is shorter that you are, the damaging rays of the sun are at their strongest.
- Apply a sunscreen with a SPF 15 or higher. Apply 15-30 minutes BEFORE going outdoors and REAPPLY every two hours. Your sunscreen should be water resistant.
- Don’t use tanning booths. Tanning booths emit UVA radiation,0 which puts you at risk for sunburns, skin cancer and premature aging.
- Wear protective clothing, including a wide-brimmed hat, sunglasses and long sleeved shirts and pants.