

Let's be well



Be safe in the sun

When heading outdoors this summer be sure to protect your skin and avoid the damaging effects of the sun's ultraviolet rays by applying sunscreen. With nearly five million people treated for skin cancer every year in the United States, wearing sunscreen is of the utmost importance.

The average adult needs to use one ounce of sunscreen every time they apply it to adequately cover their body. That is equivalent to the amount needed to fill a standard shot glass.

Take these steps to stay sun-safe:

- **Wear protective clothing:** Wear hats with wide brims that cover your face and those easy to forget spots like your ears and scalp.
- **Use sunglasses:** Wear a pair of sunglasses that block 99-100% of UVB and UVA rays.
- **Apply sunscreen:** Use broad spectrum protection (protects against UVA and UVB rays), SPF 30 or higher and water resistant. Put sunscreen on all parts of your body that will be exposed to the sun at least 15 minutes prior to going outside, even if it is cloudy or overcast. Reapply sunscreen every two hours throughout the day. Check the expiration date before applying — it has a shelf life of three years.

- **Get to know your skin:** Watch for changes of new skin markings like moles, bumps, spots or skin discoloration that have emerged. Take note if a mole has uneven edges and talk to your doctor if notice any of these changes.
- **Seek shade:** Sun rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are seek shade under an umbrella or structure.

If you get a sunburn, here is how to treat it:

- Take a cool bath or gently apply a cool wet compress to the skin to ease pain and heat.
- Apply pure Aloe Vera gel to any sunburned areas.
- Take an anti-inflammatory medicine like ibuprofen or use acetaminophen to ease pain and itching.
- Apply moisturizing cream to rehydrate the skin and treat itching. For more serious sunburns in kids over two years of age, apply a thin layer of hydrocortisone cream.

Check out more ways you can help your kids remain safe in the sun:

kidshealth.org