



## Sun Protection Facts

Did you know that...?	What it means...
...protecting skin from the sun is as easy as remembering <i>more squeezes please?</i>	<ul style="list-style-type: none"> <li>▪ More Squeezes Please! For the best protection, it's important to apply sunscreen liberally and evenly over all exposed areas of the body, and remember to reapply often.</li> </ul>
...unprotected skin can be damaged by UV exposure in as little as 10 - 15 minutes?	<ul style="list-style-type: none"> <li>▪ However, it can take up to 24 hours for skin to show the full effect of sun exposure.</li> </ul>
...there are degrees of sunburn?	<ul style="list-style-type: none"> <li>▪ First degree sunburn will cause redness and take a few days to heal.</li> <li>▪ Second degree sunburns will blister and can be considered a medical emergency if a large area is affected. A second degree sunburn may be accompanied by a headache, chills, or a fever and require medical attention.</li> </ul>
...you can get a sunburn on your eyes and eyelids?	<ul style="list-style-type: none"> <li>▪ Wearing sunglasses protects your eyes from sun exposure, which can reduce your risk of getting cataracts that, if left untreated, can lead to blindness.</li> <li>▪ All people, no matter what skin type, are equally at risk of eye damage from UV exposure.</li> </ul>
...getting a sunburn can make you sick?	<ul style="list-style-type: none"> <li>▪ Repeated exposure to UV radiation may cause long-lasting damage to the body's immune system.</li> </ul>
...a suntan is NOT an indicator of good health?	<ul style="list-style-type: none"> <li>▪ A tan appears after the sun's UV rays have killed skin cells and damaged others.</li> </ul>
...your shadow can help you determine how much UV exposure you are getting?	<ul style="list-style-type: none"> <li>▪ If your shadow is taller than you are (in the morning and late afternoon), your UV exposure is likely to be low.</li> <li>▪ If your shadow is shorter than you are (at midday) you are being exposed to high levels of UV radiation.</li> </ul>
...sunlight contains two types of UV rays, ultraviolet A (UVA), and ultraviolet B (UVB)?	<ul style="list-style-type: none"> <li>▪ UVA rays are more constant year-round and penetrate deeper into the skin's layers; UVA rays are also harmful and <i>contribute to</i> burning, premature aging of the skin, and the development of certain forms of skin cancer.</li> <li>▪ UVB rays are the <i>primary cause</i> of sun burning, premature aging of the skin and the development of skin cancer.</li> </ul>

For more information, please visit [www.sunsaletalliance.org](http://www.sunsaletalliance.org)

