

HEALTH REALLY MATTERS

Safe Fun In The Sun

How can the sun be harmful?

- The sun radiates 3 types of sunrays.
- 2 of these are the harmful ultraviolet A (UVA) and ultraviolet B (UVB).
- They are linked to premature aging of the skin, wrinkling, abnormal pigmentation, skin tumours, skin cancer and sunburns.
- People are becoming more aware of the need to “cover-up” on hot, sunny days.
- The sun’s rays can still cause damage when least expected.

Start practicing “sun safety” early.

- One bad sunburn before the age of 10 can double the risk of skin cancer.
- Some of the most damaging effects of sunburn happen before the age of 18.
- A tan was once associated with healthy skin, but both UVA and UVB can cause skin damage.



MEDICINE CENTRE
PHARMACY

Practice “sun safety” every day.

- UVB rays cause sunburns, cancer and skin aging and are strongest between 10am to 3pm and from May to September.
- UVA rays cause drug-related sun reactions, skin aging, cancer and enhanced UVB damage. They occur throughout the day and year long.
- Clouds allow up to 80% of UV rays to pass through. Sunscreen on cloudy days is appropriate.
- Find out the UV index for your area which will indicate how strong the UV rays will be.

Practice “sun safety” each time you are outside.

- Rays are stronger and more damaging at higher elevations.
- Rays get through and damage skin even on cloudy or hazy days.
- Up to 40% of rays reflect off of surfaces like sand, water, concrete and snow. These can cause skin damage even if you are in the shade or under the shade of a hat brim.
- Some prescription medications increase potential for skin damage.

Don't assume you are protected.

- Glass and transparent plastics block UVB rays but UVA rays usually still pass through.
- Water and sweat allows rays to pass through and burn skin.
- Tans from tanning salons or tanning products may not protect you from burning in the sun.
- All skin types are susceptible and protection is needed. Darker skin may not burn like fair skin but will wrinkle and toughen due to sun exposure.

Use the right protection.

- Wear clothing and hats that you can't see through. Loosely woven fabrics that light through also let the harmful rays through.

- Use the right sunscreen. Double check with your pharmacist to make sure you have the best product for yours and your family's protection.
- Use the right sunscreen properly. Apply generously and evenly over all exposed skin at least 30 minutes before going out in the sun.
- Don't forget the ears, nose, back of neck tops of feet and backs of knees.
- Reapply every few hours if you are swimming or perspiring heavily (even if it is "waterproof" type of sunscreen).
- Lips need protection as well. Use a lip balm with an SPF 15 or greater.
- Set an example for your children and make it a habit to put on sunscreen each time you go into the sun.

Be smart and play it safe in the sun.

Notes: