



health tip of the month

May/June 2015

Drink plenty of water

Apply sunscreen

Wear Sunglasses

Here Comes the Sun.... And the Sunscreen!

Spring and Summer bring lots of sunshine! The sun keeps us warm, helps our plants and flowers to grow, and provides us with Vitamin D that helps us to absorb calcium in our bodies to make our bones strong. While the sun usually makes us smile, the sun can turn our smiles upside down if we don't do what we can to keep ourselves from getting a sunburn.

How do we get a sunburn?

The sun sends down light that includes "ultraviolet rays" (also called UV rays) that we can't really see. When too many of these UV rays pass through or penetrate your skin, you end up with a sunburn.

What does a sunburn look and feel like?

A sunburn causes your skin to appear red or dark pink. Your skin can even get blisters if you have a sunburn. A sunburn causes you to feel sore or to hurt.

What other things can a sunburn cause?

Sunburns can make it more likely that your skin might look wrinkled as an adult. Sunburns can also cause skin cancer when you are an adult.

Because sunburns hurt and can cause other problems when you are an adult, here are some things that you can do to protect yourself from the sun's UV rays.

1. Wear Sunscreen when You Go Outside

- Look for a sunscreen with a sun protection factor (also called SPF) of 30 or higher
- Look for a sunscreen that protects against UVA and UVB rays (usually called "broad-spectrum")
- Sunscreen sprays are may make it difficult to tell if you have applied enough sunscreen
- Avoid sunscreens with an ingredient called "PABA," which can cause skin allergies.
- If your skin is sensitive, look for a sunscreen with the active ingredient "titanium dioxide"

2. Be Sure to Apply Your Sunscreen Appropriately

- Apply sunscreen about 15 to 30 minutes before going outside to play or to the pool
- Be sure to use sunscreen on your ears, hands, feet and toes, shoulders, and behind the neck. These areas are easy to miss. Be sure to apply sunscreen lotion underneath your bathing suit straps too
- Reapply sunscreen about every 2 hours, especially if you are sweating or swimming. Most water resistant sunscreens need to be reapplied after 80 minutes in the water. If you are in or near water outside, the water reflects the sun's rays and intensifies the rays that cause sunburn

3. Drink Plenty of Water, Enjoy the Shade, and Wear Your Sunglasses

- When you are spending time outdoors, drink plenty of water to keep yourself from "overheating" or getting too hot
- Take breaks in the shade or move inside if you feel like you are getting too hot
- Wear your sunglasses to protect your eyes from the sun's UV rays when you are outside

Enjoy the sun and your Summer, and remember to play safe outside by using your sunscreen, drinking your water, and wearing your sunglasses!

This health tip is brought to you by the:

