

What is the UV Index?

- The UV Index (“Ultraviolet Radiation Index”) forecasts the amount of skin-damaging UV radiation reaching the Earth’s surface when the sun is highest in the sky (solar noon) and does not account for reflective surfaces. It was created to help people make informed decisions about how much time they should spend in the sun.
- The higher the UV Index, the more sun safe behaviors and protection you need (i.e. using sunscreen, wearing protective clothing).

How do I read the UV Index?

- The UV Index uses a numerical scale to rate the strength of the sun’s UV rays. The higher the UV Index level, the greater the strength of the sun’s UV rays—and the faster you can get a sunburn.
- The UV Index ranges from 0 (low level) to 10+ (very high level) and depends on factors that include latitude, elevation, ozone, and local air pollution.

How do I use the UV Index number?

- The UV Index is issued daily by the national weather service for your local geographic area. Make a habit of checking the UV Index so that you’ll know how much sun protection you’ll need each day.
- To find out what your local daily UV Index is, visit

www.sunsafetyalliance.org or
www.accuweather.com

*Additional sun safety information is provided at
www.sunsafetyalliance.org*



Joseph E. Enright Foundation

Health Through Education

Sun Safety Awareness Guide



For additional information please visit the:

**JOSEPH E. ENRIGHT
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How much do you know about “Sun Safety”???

Did you know...

Being “tan” is causing damage to your skin. It only takes one sunburn to significantly increase your chances of getting skin cancer later in life. Having a “base-tan” causes damage to one’s skin, and does not protect you from the sun’s harmful rays.

Sunscreen with a SPF (Sun Protection Factor) of 15+ or higher should be used between the hours of 10am and 4pm. Expired sunscreen is not effective in filtering out the sun’s UV rays, so check the expiration date.

It takes sunscreen about 30 minutes to be “active” and effective in screening out the sun’s UV rays. It only takes about 15 minutes to begin burning if the UV indicator is high (9+) on a given day. Thus, sunscreen should be applied 30 minutes before going out in the sun.

Sunscreen needs to be applied every 2-3 hours to provide the best protection. If you perspire, or go into the water, it may need to be applied more frequently.

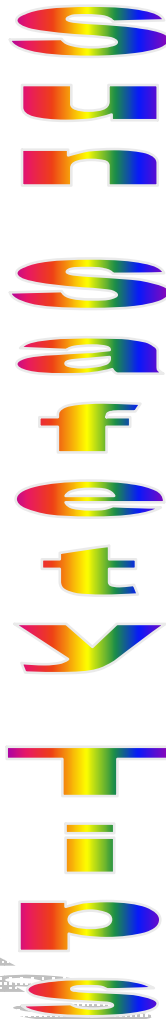
Eyes can get sunburn too. Using UV protective sunglasses will prevent your eyes from getting sunburn, and protect you from developing cataracts later in life.

Lip balm with SPF 15+ can be used to prevent your lips from getting sunburn.

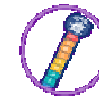
Even though one is in the shade, you can still get sunburned. People can also get sunburned on cloudy and hazy days.

Using bug repellent (such as OFF or products with “Deet”) diminish the effectiveness of sunscreen. Consider using products that have both “Deet” and sunscreen to assure protection from both annoying insects and harmful UV rays.

Babies under the age of 6 months do not produce the chemicals in their skin to activate sunscreen.



Sun Safety Tips:



Watch for the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent over-exposure to the sun.



Limit Time in the Midday Sun

The sun’s rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.



Always Use Sunscreen

Apply a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 or higher and use often wherever your skin is showing. Reapply every 2 hours when working or playing outdoors. Even waterproof sunscreen can come off when you towel off, sweat, or spend extended periods of time in the water.



Wear Sunglasses that Block 99-100% of UV Radiation

Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.



Wear a Hat

A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of your neck - areas particularly prone to overexposure to the sun.



Seek Shade

Staying under cover is a good way to protect yourself from the sun. Remember the shadow rule: Watch Your Shadow. No Shadow, Seek Shade!



Cover Up

Wearing tightly woven, loose-fitting, and full-length clothing is a good way to protect your skin from the sun’s UV rays.



Avoid Sunlamps and Tanning Parlors

The light source from sunbeds and sunlamps damages the skin and eyes.