

# Sun Safety

Fourteen facts to know about keeping yourself safe in the sun.



Let's  
Play

## How about some directions?

Discuss the statements on the light-yellow slides. Decide if the statement is true or not-so-true. Check your answers by moving to the next slide in the deck.

If you want to compete, divide into teams and keep score.

Discover who knows the most about **SUN SAFETY**.

A yellow starburst graphic with a black outline, containing the number 1.

1

Sunscreen is classified as an over-the-counter drug and the label must include a drug facts panel.

Go figure—Sunscreen  
is officially a drug!

It is classified as an  
over-the-counter drug  
by the Food and Drug  
Administration.



A yellow starburst graphic with a black outline, containing the number 2.

2

UVA rays account for 95% of the radiation that reaches the earth's surface and causes sunburn.

**OUCH!**

UVA **are** the most plentiful rays to reach the earth, but they cause wrinkles and skin aging **not** sunburn.





When you are swimming or in water, be sure your sunscreen is labeled “waterproof.”



**NOPE-**

There is no “waterproof” sunscreen. Water resistant 40 or 80 tells you that the sunscreen remains effective for 40 or 80 minutes when exposed or submerged in water.







4

Sunscreen labeled  
“hypoallergenic” will be gentle  
on your skin and less likely to  
cause a rash.

## Gotcha!

This term is not regulated by the FDA. It can mean **anything** the manufacturer would like it to mean.



A yellow starburst graphic with a black outline, containing the number 5.

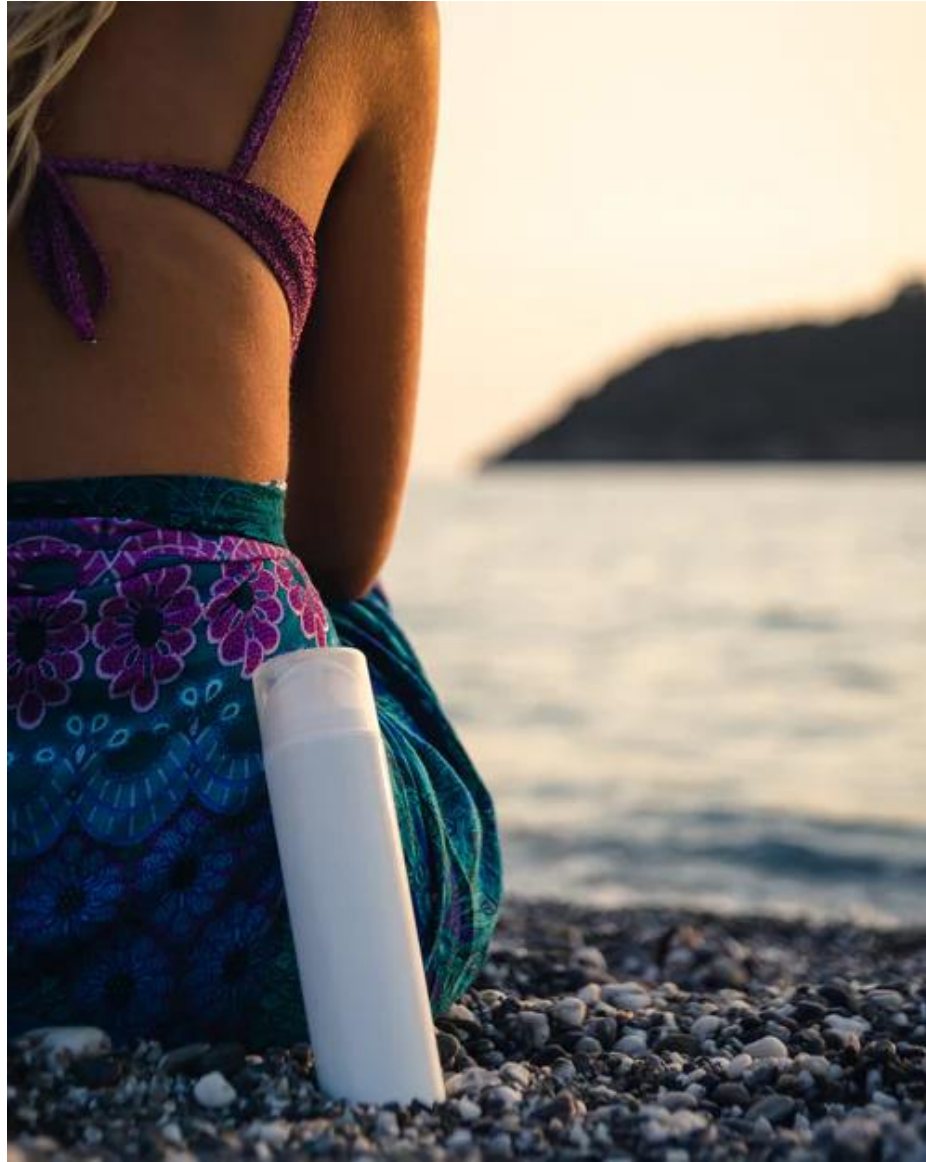
5

There are two types of  
sunscreen—mineral and  
chemical.

## Bingo

Mineral sunscreens such as zinc oxide or titanium dioxide work by sitting on top of the skin.

Chemical sunscreens create a chemical reaction.





You can be exposed to UV rays  
at night.

## Tricky, but yes.

There are man-made sources of UV rays. Some examples are sunlamps, tanning beds, and black lights.





Females, especially those with light skin, are most likely to get skin cancer.



## Let's not stick with THAT story

On average, men spend more time outdoors than females over a lifetime. Women's personal care products often contain sunscreen and only **14% of males** use sunscreen on their face and body.





You can get sunburned in the shade.

Yep, you can  
because, wait for it...

Sunlight doesn't cause  
sunburn, UV rays do.  
They reflect off surfaces  
like sand, water and  
grass.

Shade will block some  
rays, but other will  
bounce and reach your  
skin.





If I go slow, a “base tan” will protect me from a sunburn.



Seriously? Let's review.

A “base tan” isn't safe. A tanning bed isn't safe. A light tan isn't safe and a dark tan isn't safe.

A tan means you have **damaged** your skin.



A yellow starburst graphic with multiple points, containing the number 10.

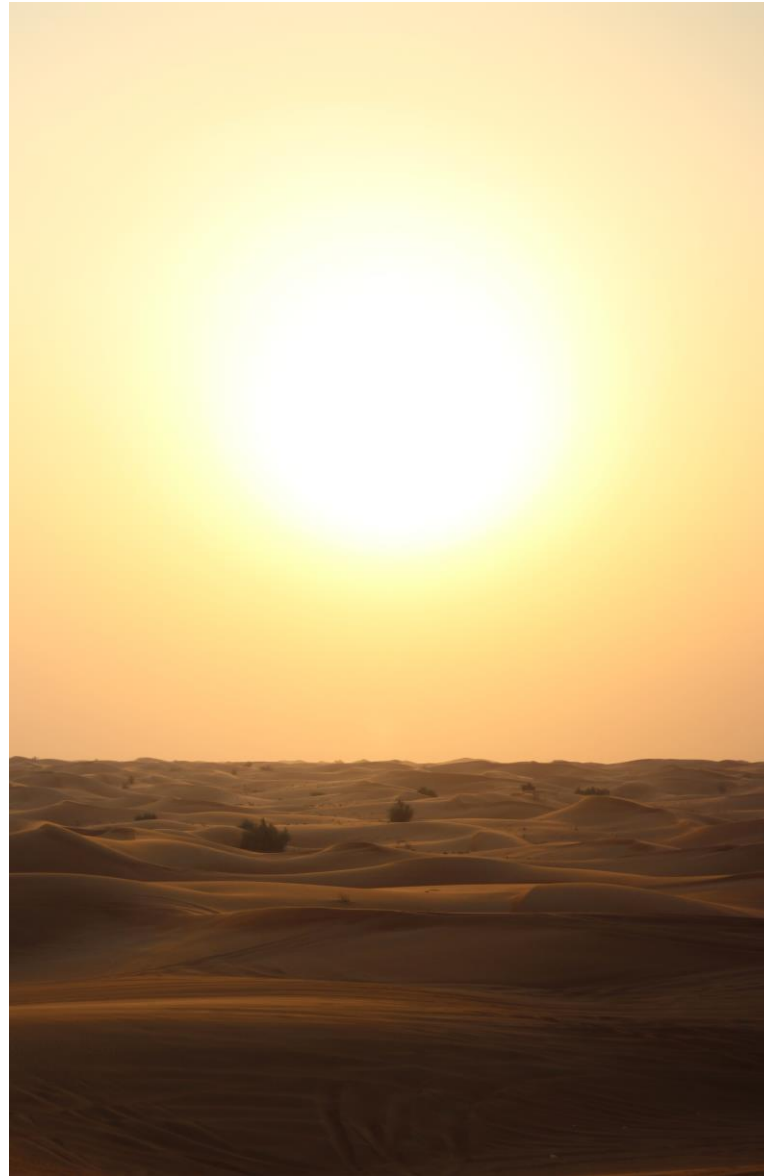
10

About Sun Protection Factor—  
If you commonly get a sunburn  
in one hour, sunscreen that is  
SPF 15 allows you to be in the  
sun for 15 hours.

**Negative on that!**

SPF is not directly related to time in the sun, but to the **amount** of solar exposure.

Solar intensity is related to time of day, location, and weather.







11

It takes one ounce of  
sunscreen (2 tablespoons)  
to fully cover your body.

**Absolutely—**

Apply 15 minutes before sun exposure so your sunscreen can dry and please, don't forget ears, neck and the tops of your feet.





12

One blistering sunburn in childhood or adolescence more than doubles your chances of developing melanoma later in life.

**Yikes!**

“Skin damage builds up over time starting with your very first sunburn. The more you burn, the greater your risk of skin **cancer**. Subsequent UV damage can occur even when there is no obvious burn.”

Skin cancer Foundation





13

If you have dark skin you don't need to apply sunscreen, you have built-in protection.

Nope don't even think about it!

Any tan or darkening from sun exposure is a sign the skin is being damaged. People of all colors, including those with brown and black skin, get skin cancer.







14

Sunscreen should be reapplied every two hours.



Finally, something we  
can agree on...

Reapply at least every  
**two** hours, and more  
often if you're  
swimming or sweating.

