


Sun Safety



80% of our total sun exposure happens in the first 18 years of life.

Use your shadow to judge the level of sun exposure. The shorter your shadow, the more UV exposure you receive. For example, your shadow is shortest around noon.

Use trees and umbrellas for shade, but remember that trees block only about 60% of the sun's rays. 


UV rays can reflect off surfaces like sand, water, snow, tile, and buildings and cause sunburn. Reflections off these bright surfaces can double UV exposure.

Even when it is cloudy, 30–60% of the sun's ray can reach the earth's surface.




Plan outdoor activities to avoid the intense UV rays found between 9 a.m. and 3 p.m. Avoid direct sun exposure for long periods of time by planning activities to take place in the shade.


Remember that window glass lets UVA rays through but blocks UVB rays.


Sunscreens  should have a **sun protection factor** (SPF) of at least 15 and be a broad-spectrum sunscreen, which means that it filters out both UVA and UVB rays.

Reapply sunscreen every two hours and more often if swimming or sweating a lot.

Do not forget to apply sunscreen  to ears and under your chin. Do not apply to eyelids.

Sunscreen can be used starting at 6 month of age. Babies younger than 6 months of age should be kept out of direct sunlight. If extended time in the sun cannot be avoided, then sunscreen can be used. Always use an umbrella or cover on baby strollers.

Use protective clothing such as a wide-brimmed hat  and light-colored clothes when outdoors. Wear a T-shirt when swimming. Wear sunglasses to protect the lens of your eye and eyelids.

 Sunglasses need to block out 100% of both UVA and UVB rays.

UV Index

The UV Index gives a daily forecast that shows the expected intensity of the sun's UV (ultraviolet) rays. Parents can use the UV Index to plan outdoor activities and sun-protective behaviors for their children and themselves.

Ultraviolet light is invisible light energy from the sun. Two types of UV light can damage the skin. UVA rays cause damage below the skin surface and UVB light causes sunburn.

To find out the Ultraviolet index forecast for your zip code, go to www.epa.gov/sunwise/uvindex.html

Exposure Category	Index Number	Sun Protection Messages
LOW	<2	You can safely enjoy being outside. Wear sunglasses on bright days. If you burn easily, cover up and use sunscreen SPF 15+ .
MODERATE	3-5	Take precautions if you will be outside, such as wearing a hat and sunglasses and using sunscreen SPF 15+ . Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
HIGH	6-7	Protection against sun damage is needed. Wear a wide-brimmed hat and sunglasses, use sunscreen SPF 15+ , and wear a long-sleeved shirt and pants when practical. Reduce your exposure to the sun's most intense UV radiation by seeking shade during midday hours.
VERY HIGH	8-10	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, a hat, and sunscreen are a must. Be sure you seek shade.
EXTREME	11+	Protection against sun damage is needed. If you need to be outside during midday hours between 10 a.m. and 4 p.m., take steps to reduce sun exposure. A shirt, a hat, and sunscreen are a must. Be sure you seek shade.

Source: U.S. Environmental Protection Agency