

# HSS Safety Message



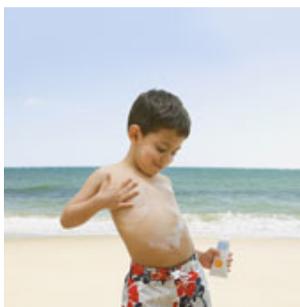
## Summer Safety Message – Sun Safety

### Sun Safety

Did you know too much sun can lead to skin cancer, immune system suppression, cataracts and other types of eye damage? It's natural to enjoy all kinds of outdoor activities! The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help prevent serious skin damage—*and possibly skin cancer*—later!



- Keep in mind the sun is **strongest between 10 am and 4 pm**.
- Wear clothing that's dark and tightly woven.
- **Wear a wide-brimmed hat and sunglasses.** Don't forget that your eyes need protection from ultraviolet rays, too. Always wear sunglasses in the bright sun, and make sure they have a label saying that they block UV rays.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas. Be sure to put sunscreen all over your body. This includes some places you might not think of, like the tops of your ears, the back of your neck, the part in your hair, your face, and the tops of your feet. If you want



to block the sun's rays, wear clothing that you can't see your hand through. You may still get burned through sheerer fabrics. Wear a baseball cap or other fun hat to block your face from the sun.

- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- And remember stay in the shade whenever possible!



### The Facts about Getting too Much Sun

It's a fact: Overexposure to the sun can result in skin cancer later in life. What are your family's risks from exposure to powerful UV rays? Consider these facts and statistics.

## The Dangers of UV Exposure

- You can sunburn even on a cloudy day.
- On average, children get 3 times more exposure than adults.
- Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays.
- Depletion of Earth's ozone continues to increase your exposure to UV rays.

## Skin Cancer

- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- More than 1.2 million new cases of skin cancer are diagnosed each year in the US.
- Melanoma, the deadliest form of skin cancer, kills one person every hour.
- One blistering sunburn can double a child's lifetime risk of developing skin cancer.

## Got That Hot Feeling?

If you're out in the hot sun, or you're exercising on a hot day, it's easy to get **heat exhaustion**. Heat exhaustion occurs when your body can't cool itself fast enough. A person with heat exhaustion might feel overheated, tired, and weak.

Heat exhaustion can come on suddenly. A person may just collapse when playing soccer or tennis, for example. It can leave a person feeling really tired for days after it happens.

**Heat stroke** is a life-threatening heat-related illness and can cause a person to stop sweating, to have red, hot skin, and to have a high temperature. The person might become uncoordinated, confused, or even lose consciousness. These symptoms require emergency medical attention.

Be sure to tell someone if you're hot and you have a headache or feel dizzy or nauseous. You want to get out of the sun, drink liquids, and have someone contact a doctor, if necessary.

## How Fast Can You Sunburn?

This UV Index chart shows how quickly your skin will burn without sunscreen. The UV index announced in [weather forecasts](#) is a prediction of how strong the actual UV intensity will be at the sun's highest point in the day, which typically occurs during the four-hour period surrounding solar noon. The prediction is made by a computer model that accounts for the effects of sun altitude, air mass, and inclement weather (clouds), which increase or decrease, the amount of UV radiation that will reach the surface.

UV Index Chart

UV Index	0-2 very low	3-4 low	5-6 medium	7-10 high	10+ very high
How to protect yourself					
					
	 SPF 15	 SPF 15	 SPF 15	 SPF 30	 SPF 45
					
Minutes to burn*	60	45	30	15-24	10 or less

\*Minutes to burn with no sunscreen use based on fair skin that sometimes tans but usually burns.

Key	
Wear sunglasses	
Use sunscreen	
Wear a hat	
Stay in the shade	
Try to stay out of the sun at midday	

Source: Schering-Plough HealthCare Products