

# The Bare Facts About Sun Safety



## *Why are we concerned about the sun?*

The sun's ultraviolet (UV) radiation can cause skin cancer and eye problems. You can lower your risk by using sunscreen, wearing protective clothing and sunglasses, and seeking shade. Tanning booths and sunlamps pose the same risks.

## *Myths and Facts About Sun Safety*

*Myth: Doubling a sunscreen's SPF doubles its protection*

*Fact: An SPF (Sun Protection Factor) of 15 blocks 93% of harmful rays and SPF 50 stops 97% of the rays — but only if you use enough sunscreen. Apply about 2-3 Tablespoons (about a handful) to exposed skin 15-30 minutes before going outdoors. Reapply every 2 hours and after swimming or sweating.*

*Myth: A tan is a sign of good health*

*Fact: A tan is a sign of skin damage. Over time, it leads to prematurely aged skin and, in some cases, skin cancer.*

*Myth: You can't get sunburned in your clothes, car, or indoors.*

*Fact: Harmful rays can go through anything!*

*Myth: Self-tanning lotions block the sun from your skin.*

*Fact: Self-tanning lotions only stain the skin's top layer. They do not protect your skin from sun damage.*

***For more information go to:*** [www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090)

## *Health Whys*

A public health message from

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