



To Your Health

Being Safe in the Sun

Fun in the Sun: What You Need to Know

Skin Cancer in America

Summer is a great time to have fun outside. It is also a time to take care of your skin and avoid sunburns. Sunburns can increase your risk of skin cancer, the most common form of cancer in the United States. Every year there are more than 1 million new cases of skin cancer. Most of these cases are thought to be caused by the sun.

Who is at Risk?

People of all skin colors can get skin cancer from the sun's ultraviolet (UV) rays.



Just a few sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool or beach to get too much sun.

Their skin needs protection from the sun every time they are outdoors.

Ultraviolet (UV) Rays

The sun gives off three types of rays, but only two types of rays reach the earth. They are called UVA and UVB rays. They are invisible and very harmful. Both

UVA and UVB rays can increase your risk of skin cancer if your skin absorbs them.

Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.

Choosing a Sunscreen

The type of sunscreen you wear should block both UVA and UVB rays. It should have an SPF (Sun Protection Factor) of at least 15.

Check for an expiration date on the sunscreen bottle to be sure it is not too old. Most sunscreen products do not work as well after 2 to 3 years.

Applying Sunscreen

Always follow the directions on the label. Remember to put on sunscreen 20-30 minutes before going outside. Your skin needs time to absorb the chemicals to make the

sunscreen work. Make sure to put sunscreen on your face, ears, hands, and arms. Put sunscreen on any skin that is not covered by clothes. If you are wearing bug spray or makeup, put the sunscreen on first. Put on more sunscreen at least every 2 hours, and even more often if you are swimming or sweating a lot.

Sunscreen is very important, but it **DOES NOT** give you total protection. When you are out in the sun, wear clothes that protect as much skin as you can.

Choose Your Cover!



Seek shade from UV rays, especially during midday.



Cover up to protect exposed skin.



Wear a hat with a wide brim.



Put on shades that block both UVA and UVB rays.



Rub on sunscreen—at least SPF 15 or higher with both UVA and UVB protection.

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University of Illinois Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign, offering educational programs to residents of all of Illinois' 102 counties. Through learning partnerships that put knowledge to work, U of I Extension's programs are aimed at making life better, healthier, safer and more profitable for individuals and their communities.



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Urban Community Health is on the web!

<http://web.extension.uiuc.edu/cook/commhealth.html>

To Your Health is a quarterly newsletter brought to you by University of Illinois Extension, Urban Community Health in Cook County.

Sources:

http://www.cancer.org/docroot/PED/PED_7.asp

<http://www.cdc.gov/cancer/skin>

<http://www.cdc.gov/excite/skincancer/mod06.htm>

http://sunsafetyalliance.org/pdfactivities/Activities_for_K-2.pdf

Contact University of Illinois Extension for more information and activities about sun safety or other health issues. Health education workshops also are available.

Sun Safety Checklist

- Avoid peak hours when UV rays are most harmful. (10 AM to 4 PM)
- Stay in the shade.
- Wear cover-up clothing.
- Wear a hat.
- Wear UV protective sunglasses.
- Apply sunscreen, even if it is a cloudy day.
- Avoid tanning beds and sunlamps.
- Check UV, heat, and air quality indexes.
- Drink plenty of water.

Your body needs water to stay healthy. You should drink water every day.

You need to drink extra water when you play outside in the sun or warm weather.



Activity Time

Jimmy is thirsty. Help his dad take a glass of water to him.



Source: sunsafetyalliance.org