

How to Have Fun in the Sun

A summer camper's guide to sun safety and skin protection

Hot Takes

The sun is not our best friend:

Plants, animals and human beings all need the sun to survive. The sun allows us to enjoy all of our favorite summer activities like swimming, gardening, playing sports and so many more!

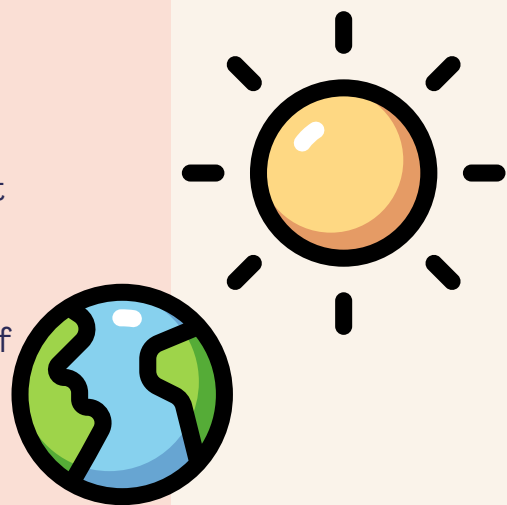
But ultra violet rays- a form of the sun's energy can burn our skin cells, creating sunburns and in extreme cases skin cancer.

The sun's powerful rays harm individuals from ALL AGE GROUPS and ALL ETHNICITIES:

Remember: any change to one's natural skin tone = sun damage

The Warming World

Climate change is defined as the long term effects of human activity on the earth's climate. It creates holes in Earth's protective barrier known as the ozone layer. These holes allow for the sun's harmful rays to pass through increasing the risk of harmful sun exposure.



Be Sun Smart

Skin cancers and other sun related health problems are PREVENTABLE. Sunscreen acts as a shield: protecting our largest organ, the skin, from harmful ultra violet radiation.

On a Hot Day Remember Your 5 S's

SLIP on covering clothing
SLOP on SPF 30 or higher
SLAP on a hat
SEEK shade
SLIDE on some sunglasses



Not all Sunscreens are Created Equal

Some sunscreens have chemicals, like oxybenzone, in them that can be bad for you. When reading ingredient labels its best to look for "mineral" sunscreens with zinc oxide or titanium dioxide!

**Your Health is in Your Hands:
Choose to have a Healthy and Sun Safe Summer**

Sun Safety is Important For All Ages

**Help to protect your loved ones:
Talk to your family and friends about sun
safety.**



Key Takeaways for Parents and Children:

Prevention is the Cure

Although cancer, in general, is uncommon in adolescents and young adults, a specific type of skin cancer, Melanoma, is common among this age group. Melanoma is the 2nd most common cancer in women and the 3rd most common among men in their 20s. The risk for skin cancer increases with age- but it is not too early to minimize your exposure to these risks. Practicing sun safety now reduces your risk of skin cancer in the future. If we can PREVENT being exposed to these risk factors by our intervention, we can DECREASE the likelihood of having cancer. In addition to this, researchers have found that sunburn during one's teenage years, increases one's risk for Melanoma. This correlation proves the importance of wearing sunscreen and protective clothing.

How Do I Know I am Using the Right Sunscreen?

While shopping for sunscreen be sure to look for "broad spectrum protection" and SPF 30 and higher. Broad spectrum labels protect against UVB rays (which cause sunburns) and UVA rays which contribute to skin cancer and premature aging. Sunscreens with SPF below 15, only protect against sunburns-not skin cancer or skin aging. Be sure to remember that water-resistant sunscreen claims do not mean "waterproof." Remember to reapply every 2 hours, especially when swimming. Also, remember that sunscreen is not the only sun safety practice- you can protect yourself by sitting in the shade and wearing hats!

Isn't Sunscreen Only Necessary for Fair-skinned People?

Although skin cancer is less commonly found among people with darker skin when it is diagnosed it is often found in the later stages. And sometimes skin cancer isn't just an irregular-shaped mole that needs to be removed. In severe cases, the Melanoma spreads to other parts of the body like the brain, resulting in death. Those with skin tones are less likely to burn, still experience sun damage from UV exposure, and are at risk for developing cancer.