

# Beat the Burn!

Living in Florida, the sun is always a concern. Make sure you treat your skin right and avoid damage. Check out these tips before going out in the sun!

## Check the label!

Make sure your sunscreen label says:

- **“SPF 30”** (or higher)- protects against UVB rays.
- **“Broad-spectrum protection”**– protects against all types of skin damage caused by sunlight.
- **“Water/sweat resistance”**– protects skin even when wet or sweating.

## Apply, apply, and reapply!

- Apply sunscreen at least 30 minutes before going into the sun.
- Apply 1 ounce (2 tbsp.) of sunscreen to all areas of your body exposed to sunlight, even between your toes and the part in your hair!
- Reapply sunscreen at least every 2 hours when out in the sun.

## Protect your skin!

- Wear light-weight protective clothing in the summer or when you are out in the sun for a long period of time.
- Wear a hat or apply sunscreen to your head if you have little hair.
- Bring an umbrella for shade.
- Wear a wide-brimmed hat to protect your face, scalp, and neck.

## Protect your eyes!

Sunlight reflects off sand, snow, water and concrete, increasing UV radiation and risk of damage to your eyes. Check out the tips below before buying sunglasses.

- Look for sunglasses that offer “99 to 100% UV protection.”
- Make sure they are labeled “sunglasses.” More expensive sunglasses don’t ensure better UV protection.
- People who wear contact lenses that offer UV protection should still wear sunglasses.
- Sunglasses with lens that curve around your face or wrap around offer best protection.
- Children should wear real sunglasses that offer UV protection, not toy sunglasses!

## Don’t fake bake!

- According to The Skin Cancer Foundation, the number of skin cancer cases due to indoor tanning is higher than the number of lung cancer cases due to smoking.
- Indoor UV tanners are 74% more likely to develop melanoma than those who have never tanned indoors.
- Use alternative ways to tan, like spray tan or tanning lotions.
- Apply sunscreen, even if you are trying to tan. You will still form a tan with sunscreen on but you will reduce the exposure to harmful UV radiation.

# Treat the Burn!

Getting sunburned is not fun, but it happens. Check out these 8 tips to learn how to treat a sunburn.

- **Get out of the sun if you feel a burn!**

If you are out in the sun and your skin starts to turn pink and tingle, seek shade. Putting on more sunscreen may help prevent other areas from burning, but it will not prevent the burn you have already developed from worsening.

- **Avoid hot steamy showers!**

Hot and steamy showers can dry out your skin. When you are out in the sun for too long, your body has already lost a lot of water. Take cool showers or baths to help replenish water in your skin and limit peeling.

- **Moisturize your skin!**

Moisturizing with lotions or aloe will help limit peeling. Lotions that contain vitamins C and E may help reduce the damage to your skin from UV radiation from the sun. Avoid lotions with alcohol which can cause skin to dry out.

- **Hydrate!**

Sunburn draws fluids from the body so it is important to replenish your body with plenty of water and electrolytes.

- **Medicate!**

Take ibuprofen to reduce redness and swelling of the burn. This may also help to prevent long-term damage.

- **Seek medical attention!**

If the burn is severe, covers a significant portion of the body and you are experiencing a fever and chills, seek medical attention.

- **Reevaluate!**

Understand that your skin protection plan was unsuccessful and reevaluate how to improve your plan to better protect yourself the next time you are having fun in the sun!

- **Examine skin, head to toe, once a month!**

It is important to be aware of your skin. One severe blistering sunburn can double your chance of developing melanoma. Check your skin at least once a month. If you notice changes in shape, size, or color of a mole or notice new suspicious moles appear, see a physician immediately.