



## There Is No Safe Suntan!



Your skin color is beautiful just as it is, any time of year! Tanned skin is not a sign of good health — it means that your skin has been hurt by the sun's ultraviolet (UV) rays. Too much sun without protection can cause skin damage, eye problems, and more serious health problems such as skin cancer and lip cancer. Skin cancer is the most common type of cancer in the United States, and it can be deadly. The good news is that you can take steps to protect your natural beauty and your health.



### Sun Safety Tips

- **Avoid the rays.** If you can, stay inside or in the shade when the sun's rays are the strongest — between 10 a.m. and 4 p.m. UV rays can reach you on cloudy days and during any season, no matter what the temperature is outside. They can also reach you by reflecting off of surfaces like water, cement, sand, and snow.
- **Use sunscreen.** Use broad-spectrum sunscreen and lipscreen with SPF 15 or higher every day. Broad spectrum means that it will protect you from both UVA and UVB rays. You'll need 1 ounce every time. (That's about enough to fill a ping-pong ball.) So, a container with 3 to 5 ounces

might be enough for just one day at the beach. Rub your sunscreen in well, and don't forget spots you might miss, like your ears, under bathing suit straps, and the back of your neck.

#### Put on sunscreen:

- (1) Fifteen minutes before going out
  - (2) Every two hours
  - (3) After swimming, sweating, or drying off. If you are exercising or swimming, use a sunscreen that is water-resistant for up to 40 or 80 minutes.
- **Accessorize!** Wear protective clothing, such as a wide-brimmed hat, long-sleeved shirt, and long pants. If you can't wear long shirts and pants, try to stay in the shade and wear sunscreen. Keep your eyes safe with wraparound sunglasses with 100 percent UV ray protection.
  - **Taking medicine?** Medicines such as antibiotics and some acne treatments can make your skin extra sensitive to the sun, so be sure to limit your time in the sun and use sunscreen.
  - **Don't use tanning beds.** Rays from tanning beds can be more dangerous than the sun's rays.

#### Special products:

- When getting spray tans, make sure the salon offers special covers for your eyes, nose, and mouth. Spray tan chemicals are only safe for the outside of your body.
- There are no safe tanning pills. Tanning pills can cause serious health problems.
- Not all makeup that has sunscreen in it offers enough protection. Wear sunscreen, too!
- Use sunscreen along with self-tanning and bronzing products — these do not offer protection from the sun's rays.

Visit [www.girlshealth.gov](http://www.girlshealth.gov) for more information on healthy skin!

