

SPRING BREAK!

SPRING BREAK 2024

Early sun-protective behaviors can have a lasting impact

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Early sun-protective behaviors can have a lasting impact on the development and appearance of photoaging, and can reduce the risk of developing skin cancer. Beginning in infancy, children should be kept out of direct sunlight and covered with sun-protective clothing with an ultraviolet protective factor of 50+. Sunscreens are safe for infants starting at 6 months.

During adolescence and beyond, a tanned appearance is often associated with youthfulness and health. Instead of using a tanning bed, opt for a sunless tanning cream to achieve a similar effect — but be sure to apply a sunscreen, since tanning creams generally don't contain sun-protective factor unless explicitly stated on the label. Another option is to apply a tinted sunscreen.

- Avoid peak hours of the sun's intensity (generally between 10am and 2pm) and seek shade when outdoors.
- Wear sunscreen, even when it's cloudy, raining, or snowing:
 - broad-spectrum UVA/UVB coverage
 - SPF 30+, which blocks 97% of the sun's rays (no sunscreen blocks 100% of the rays)
 - water-resistant (be sure to reapply every two hours when outside or after getting wet or toweling off)
- Wear sun-protective clothing (UPF 50+) like broad-brimmed hats, long-sleeved shirts, and pants

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by Kalena Miller

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