

SunWise

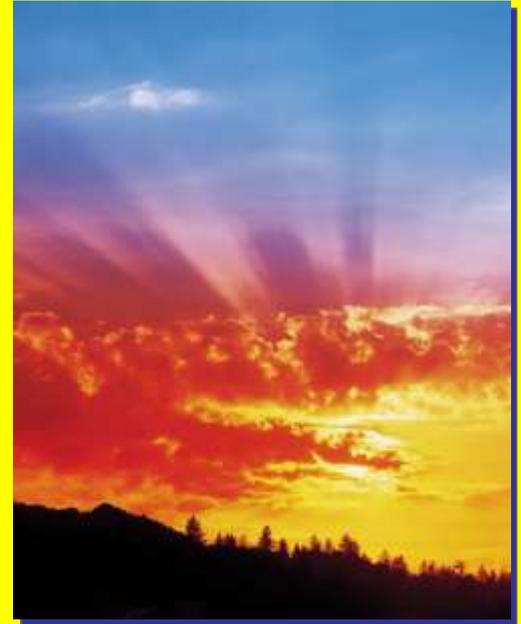


G

Be SunWise



What do you know about the Sun?



The Sun

Helpful

Keeps Us Warm

Helps Plants Grow

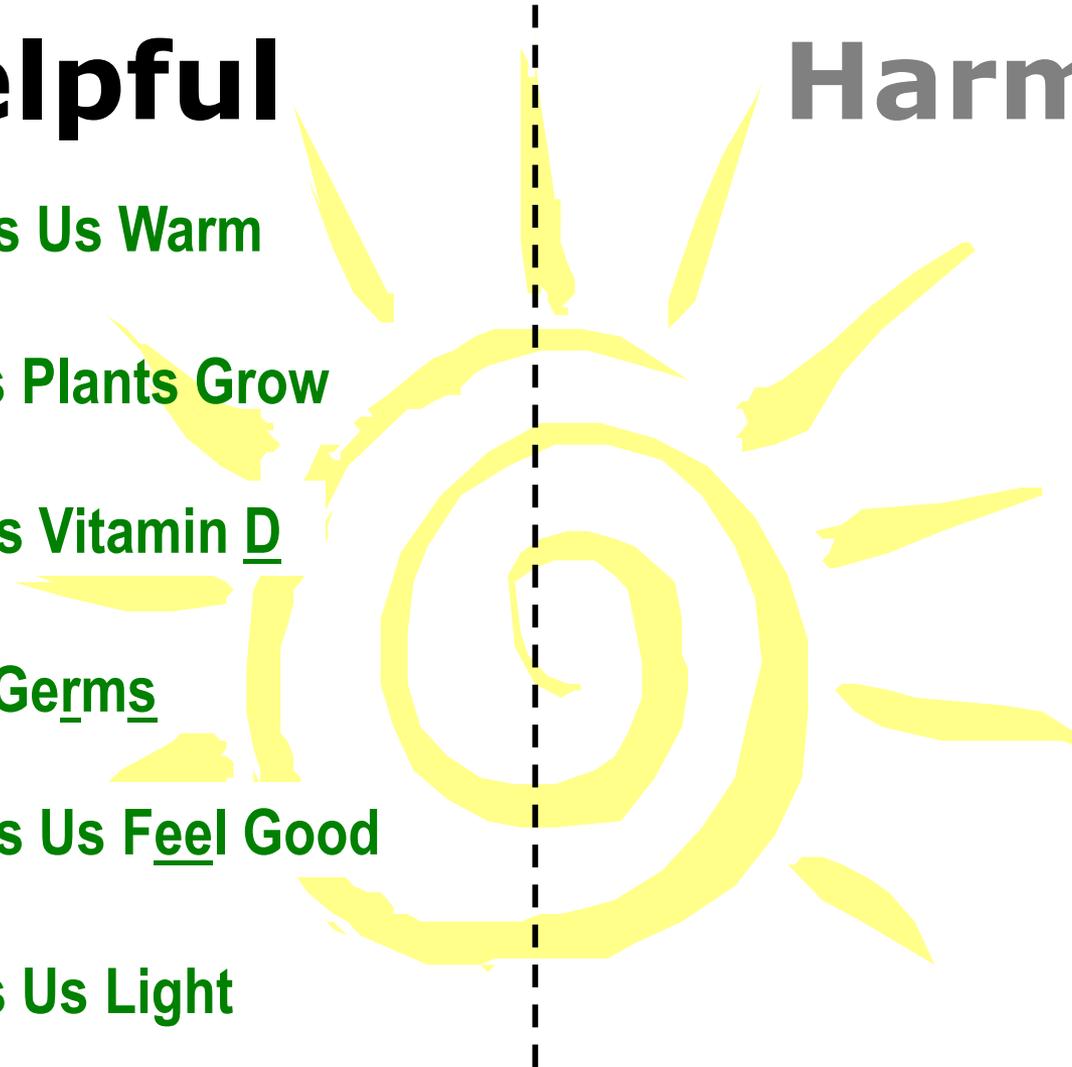
Makes Vitamin D

Kills Germs

Makes Us Feel Good

Gives Us Light

Harmful



Helpful and Harmful Effects of the Sun

Helpful

Keeps Us Warm

Helps Plants Grow

Makes Vitamin D

Kills Germs

Makes Us Feel Good

Gives Us Light

Harmful

Causes Sunburns

Makes Our Skin Wrinkle

Causes Skin Cancer

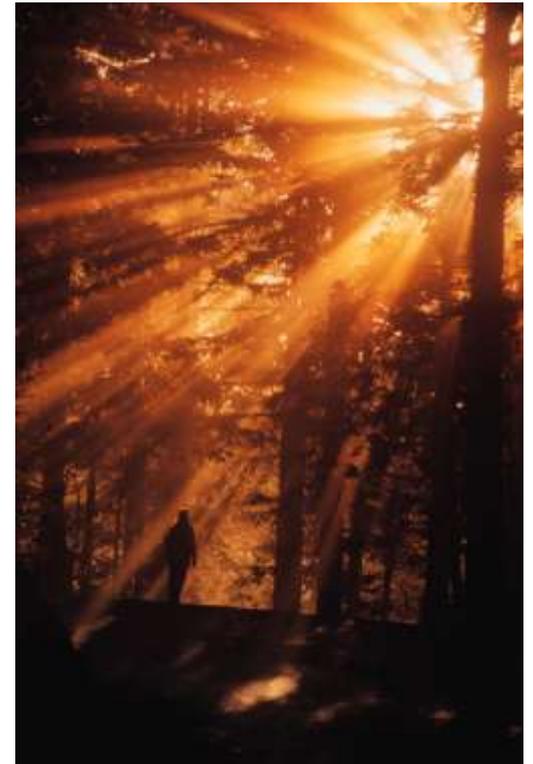
Causes Eye Damage

The Sun...

...is necessary for life on Earth.

It helps plants to grow, and provides warmth and light.

Sunlight also helps people to be happy and healthy.



The Sun...

...produces light and warmth but also Ultraviolet (UV) radiation. UV radiation cannot be seen or felt.



It is UV radiation, not the warmth or brightness of the sun that causes changes to skin color, damage to eyes, and other bad health effects.





The Invisible Health Risk

Harmful UV Radiation

UV radiation is not always the same it changes based on...

- ★ Time of day
- ★ Time of year
- ★ Location
- ★ Altitude
- ★ Weather
- ★ Reflection
- ★ Ozone Layer

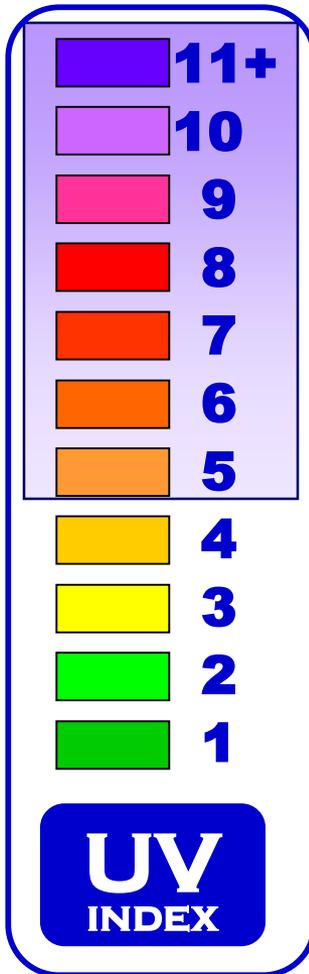


How do we measure UV radiation levels?

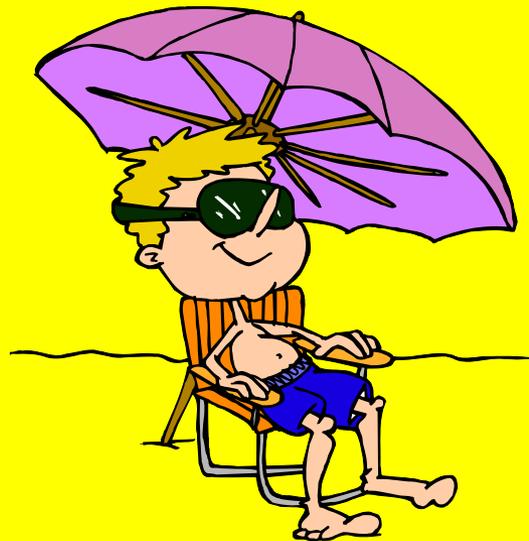
We use the UV Index Scale.

Reported on a scale of 1 -11+.

Take special care when the UV Index is 5-6 or higher.



How Can You Become SunWise?



Sun Safety Action Steps



Limit Time in the Midday Sun



Seek Shade



Cover Up



Wear a Hat



Wear Sunglasses



Use Sunscreen



Avoid Tanning Parlors



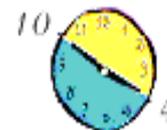
Watch for the UV Index

Sun Safety Action Steps



Limit Time in the Midday Sun

The sun's rays are strongest between 10 am and 4 pm.



Limit exposure to the sun during these hours.

Sun Safety Action Steps



Seek Shade

Staying under cover is one of the best ways to protect yourself from the sun.

But remember, shade structures do not offer complete sun protection.

Sun Safety Action Steps



Cover Up

Wearing long sleeves and long pants is a good way to protect your skin from the sun's UV rays.

Sun Safety Action Steps



Use Sunscreen

Use sunscreen of SPF 15+ generously and reapply every 2 hours, or after working, swimming, playing, or exercising outdoors.

Sun Safety Action Steps



Wear a Hat

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back of your neck.

Sun Safety Action Steps



Wear Sunglasses

Sunglasses that provide 99 to 100 percent UV protection will greatly reduce sun exposure that can lead to eye damage.

Sun Safety Action Steps



Avoid Tanning Parlors

The light source from sunbeds and sunlamps damages the skin and unprotected eyes. It is a good idea to avoid artificial sources of UV light.

Sun Safety Action Steps



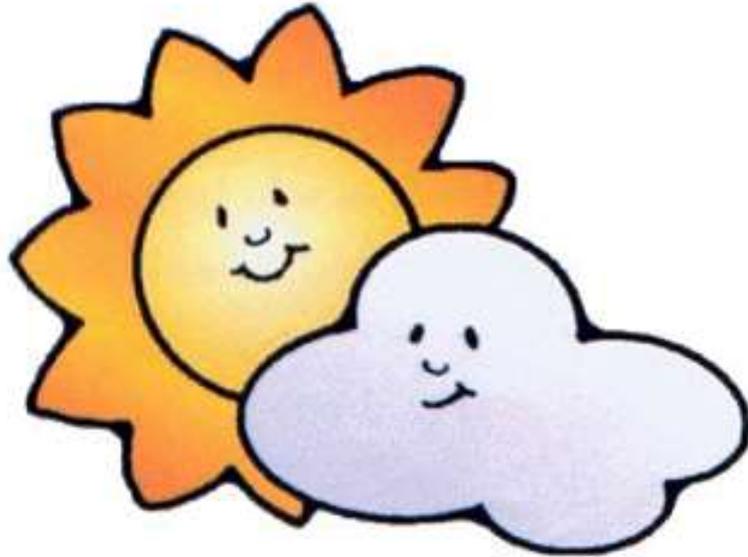
Watch for the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. The UV Index is issued daily across the United States.

Are You SunWise?

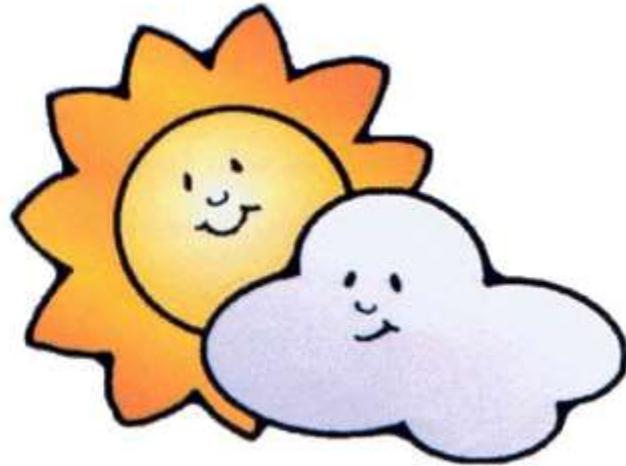


True or False?



**You can get
sunburned
on a cloudy
day.**

True or False?



You can get
sunburned
on a cloudy
day.

TRUE

Even on a cloudy day, many of the sun's rays can still reach the Earth's surface.

True or False?



You only need to wear sunscreen when you are at the beach.



True or False?

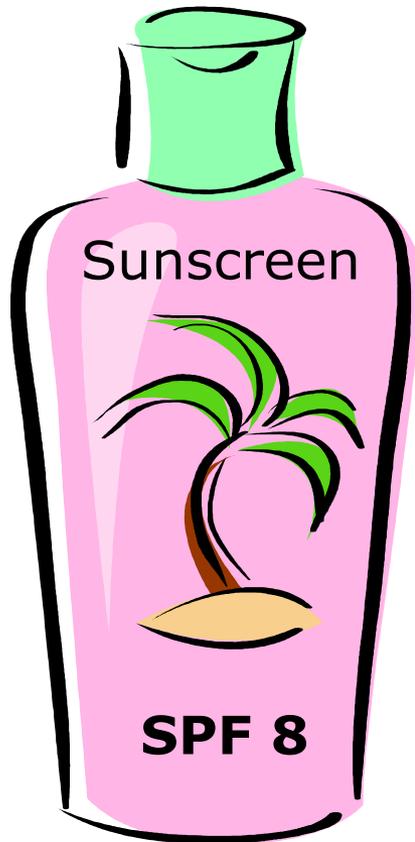


You only need to wear sunscreen when you are at the beach.

You do not have to be sunbathing to get a damaging dose of the sun. Everyday exposure to the sun without sunscreen can damage your skin.

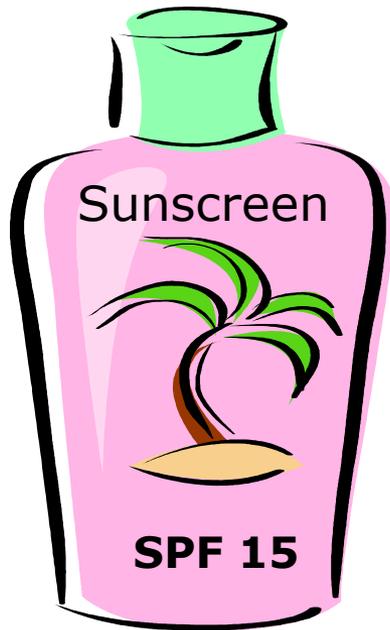
FALSE

True or False?



**Sunscreen with a
SPF of LESS than
15 is enough to
protect my skin.**

True or False?



Sunscreen with a
SPF of **LESS** than
15 is enough to
protect my skin.

FALSE

Use Sunscreen with **SPF 15**
or Higher. Remember to
put on enough sunscreen to
protect your skin.

True or False?



My skin doesn't get sunburned, so I don't need to worry about protecting myself from overexposure to the sun.

Whatever You Do... Be SunWise!

