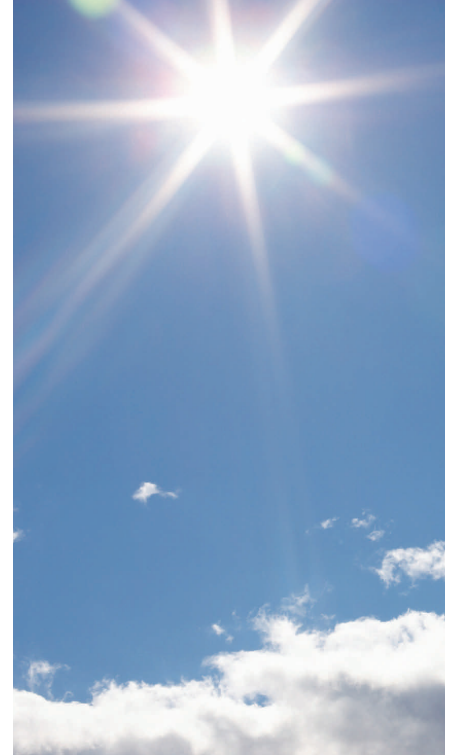


JULY IS UV SAFETY MONTH

Sun Safety Knowledge Answer Sheet

TRUE or FALSE

1. When it is cloudy outside, you cannot get a sunburn. **FALSE**
2. Sun protection isn't needed on cloudy days because clouds block ultraviolet rays. **FALSE**
3. I can get a safe tan in a tanning bed. **FALSE**
4. Early morning and late afternoons are the worst times for exposure to UV rays. **FALSE**
5. You really can't get skin cancer, if your daily routine (work, drive to work, indoor hobbies, and vacations) doesn't include any outdoor activities. **FALSE**
6. You should use sunscreen any time you are in the sun, even if you only burn once or twice a year. **TRUE**
7. If you are wearing some type of sunscreen, you can stay in the sun as long as you want. **FALSE**
8. A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15. **FALSE**
9. It's safe to let children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs. **FALSE**
10. Getting a "base tan" at an indoor tanning salon is as good way to prevent sunburn when you go to the beach later this summer. **FALSE**



MORE SUN SAFETY TIPS

- Dermatologists say brief sun exposures all year round can add up to major damage for people with fair skin. The sun's ultraviolet (UV) rays do pass through car windows, so driving during peak sun hours, 10:00 a.m.-4:00 p.m., to lunch or on weekends, bathes your hands and arms in damaging UV rays.
- The American Cancer Society recommends that people seek shade and limit time in the sun at midday. Also, cover up with a shirt, wear a wide-brimmed hat, use a sunscreen rated SPF 15 or higher, and reapply it about every 2 hours. And don't forget sunglasses for eye protection.
- The Sun Protection Factor (SPF) describes how long a product will protect your skin, if you apply the sunscreen correctly. In practical use, you'll need to reapply sunscreen every 2 hours. Be sure to choose a broad spectrum product that blocks UVB and UVA light and use a lot.
- About 1 ounce of sunscreen (a palm full) should be used to cover the arms, legs, neck and face of the average adult. Products labeled "waterproof" may provide protection for at least 80 minutes even when you are swimming or sweating. Products that are "water resistant" may only provide protection for only 40 minutes.
- American Cancer Society experts say a "base tan" gives you very little protection against sunburn. And that goes for indoor tans, too, which provide a sun protective factor of about 4, much less than most sunscreens. A base tan may, if fact, increase the chance you'll get a burn, because you're likely to stay out longer without properly protecting your skin.
- Also, tanning itself injures the skin. What you don't see is UV damage to deeper layers, where it builds-up from every tan and burn you've ever had. There really is no such thing as a "safe tan."
- Seeking shade is a key element in preventing skin cancer, especially between 10:00 a.m. and 4:00 p.m.

Visit the [American Cancer Society](#) to learn more about sun safety and cancer prevention.