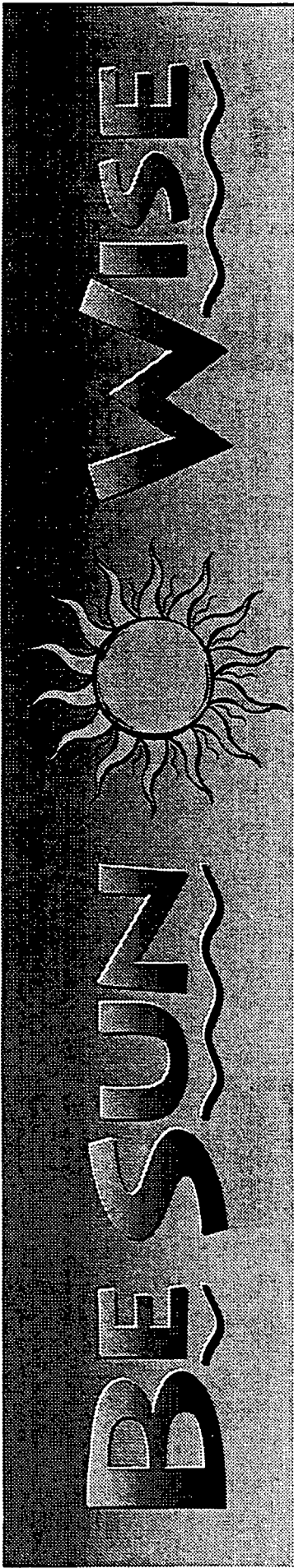


# ACTION STEPS FOR SUN PROTECTION



## TOO MUCH SUNLIGHT CAN BE DANGEROUS....

Being outside on a warm, sunny day is one of life's great pleasures, but getting too much sun can be dangerous. Excessive sun exposure can result in painful sunburn, but can also lead to other serious health problems, including melanoma, a life-threatening form of skin cancer. Melanoma is one of the fastest growing forms of cancer in the U.S. New melanoma cases in the U.S. have more than doubled over the past two decades, with an estimated 6,900 American deaths from the disease in 1994. In addition to melanoma, excessive UV exposure can lead to premature aging of the skin, cataracts, non-melanoma skin cancers, and immune system suppression.

## BE SUN WISE

Protecting yourself from overexposure to UV radiation is simple:



### WEAR SUNGLASSES THAT BLOCK 99-100% OF UV RADIATION

Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.



### WEAR A HAT

A hat with a wide brim offers good sun protection to your eyes, ears, face, and the back of your neck — areas particularly prone to overexposure to the sun.



### PROTECT OTHER AREAS OF YOUR BODY WITH CLOTHING DURING PROLONGED PERIODS IN THE SUN

Tightly-woven, loose-fitting clothes are best, but any clothing is better than none at all.



### ALWAYS USE A SUNSCREEN WHEN OUTSIDE ON A SUNNY DAY

A sunscreen with a Sun Protection Factor (SPF) of at least 15 blocks most harmful UV radiation. Apply sunscreen liberally and reapply every two hours when working, playing, or exercising outdoors. Even waterproof sunscreen can come off when you towel off sweat or water.



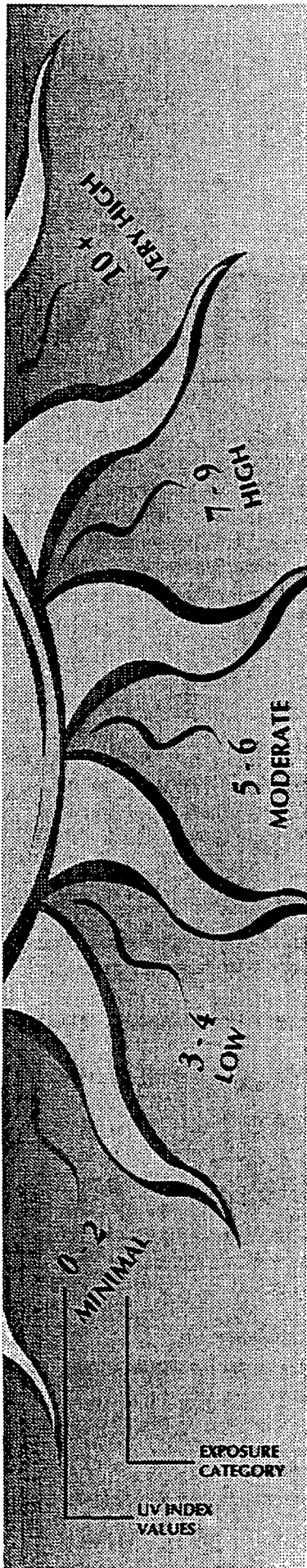
### AVOID THE MIDDAY SUN AS MUCH AS POSSIBLE

The sun's UV rays are strongest between 10 a.m. and 4 p.m. To the extent you can, limit exposure to the sun during these hours.



### AVOID SUNLAMPS AND TANNING PARLORS

Sunbeds damage the skin and unprotected eyes and are best avoided entirely.



## UV INDEX



### WATCH FOR THE UV INDEX

The UV Index, developed by the National Weather Service and the Environmental Protection Agency, provides a forecast of the expected risk of overexposure to the sun and indicates the degree of caution you should take when working, playing, or exercising outdoors. The UV Index predicts exposure levels on a 0 - 10+ scale, where 0 indicates a low risk of overexposure, and 10+ means a very high risk of overexposure. Calculated on a next-day basis for dozens of cities across the U.S. by the National Weather Service, the UV Index takes into account clouds and other local conditions that affect the amount of UV radiation reaching the ground in different parts of the country.

### FOR MORE INFORMATION

To learn more about the UV Index, call EPA's Stratospheric Ozone Hotline at (800) 296-1996. Hotline staff can supply you with other fact sheets in this series, as well as other useful information.