

## Sunscreen Tips

- ✓ Buy a high-quality product with an SPF of 30 or higher. (Skin Cancer Foundation)
- ✓ Check its ingredients to make sure it offers broad-spectrum protection. (Skin Cancer Foundation)
- ✓ Buy sunscreen with active ingredients **zinc oxide and/or titanium dioxide**. (Skin Cancer Foundation)
- ✓ Look for The Skin Cancer Foundation's Seal of Recommendation. (Skin Cancer Foundation)
- ✓ Sunscreen ingredients to **avoid**: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate, Methylisothiazolinone, (Environmental working group)
- ✓ You should wear about one ounce (2 table spoons) of sunscreen. (American Academy of Dermatology )
- ✓ Reapply every two hours, and after you go swimming. (American Academy of Dermatology)
- ✓ Wear sunscreen in the winter and when it is cloudy. (Skin Cancer Foundation)



1

### PHOTOS CITED

1 CARTOON. N.P., N.D. WEB.

2 "CLIPART SHEEP." CLIPART SHEEP. N.P., N.D. WEB. 05 AUG. 2015.

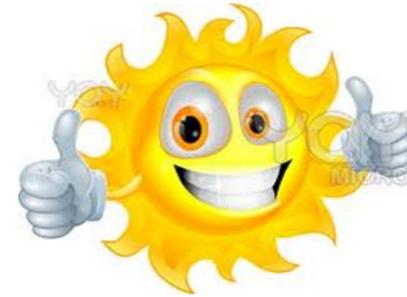
3 "EXPERIENCE ANTI-AGING TREATMENTS, WHILE ENJOYING THE LUXURY OF OUR SPA FACILITY!." SUNSCREEN. N.P., N.D. WEB. 05 AUG. 2015. 1

4 "GOLFBREKERS." GOLFBREKERS. N.P., N.D. WEB. 05 AUG. 2015.  
"FEATURED ROYALTY FREE CLIPART." CLIPART OF. N.P., N.D. WEB. 05 AUG. 2015.

5 CARTOON PICTURES. N.P., N.D. WEB.

6 CARTOON .N.P., N.D. WEB.

7. "PINTEREST." PINTEREST. N.P., N.D. WEB. 09 AUG. 2015. AT:



5

## SAFE IN THE SUN



2

- Wear Sunglasses
- Wear a Hat
- Use clothing appropriate for being in the sun
- **Use broad-spectrum Sunscreen SPF 30+**
- Reapply sunscreen every 2 hours
- Wear sunscreen year round
- Wear sunscreen even on cloudy days
- Use lip balm with SPF protection

Be careful when  
outside in the sun

7



By: Elizabeth West working on a Girl Scout Gold Project  
For more information, please check out my website

[HTTP://SAFEINTHESUN.WIX.COM/SAFE-IN-THE-SUN-SITE](http://safeinthesun.wix.com/safe-in-the-sun-site)

## UV RAY FACTS

-Your skin should **NEVER** be exposed to the sun without sunscreen especially during the hours of 10 am to 4 pm.

(Dartmouth Hitchcock-Concord)

- Up to 80 percent of the Sun's UV rays penetrate clouds, so your chances of getting a sunburn on a cloudy day is high.

-Dark skin does not burn in the sun as easily as fair skin, sun exposure still damages the skin. (National Cancer Institute)

- The sun produces invisible ultraviolet rays, called UV rays. Too much of these rays damage the skin and cause a sunburn. Sunburns , can be very painful, will make your skin wrinkle prematurely, and can cause skin cancer.

- Clothing provides some protection. A white t-shirt has an SPF of about 7. If it's wet, the SPF can go down to 3. The darker and thicker the clothing, the more protection it provides.



Unless identified, all facts on this page are from The Skin Cancer Foundation at [Skincancer.org](http://Skincancer.org)

## SKIN CANCER FACTS

-A person's risk for melanoma doubles if he or she has had more than five sunburns or one blistering sunburn at any age.

-Ninety percent of pediatric melanoma cases occur in patients aged 10-19.

- More than 90 percent of the visible changes commonly attributed to skin aging are caused by the sun.

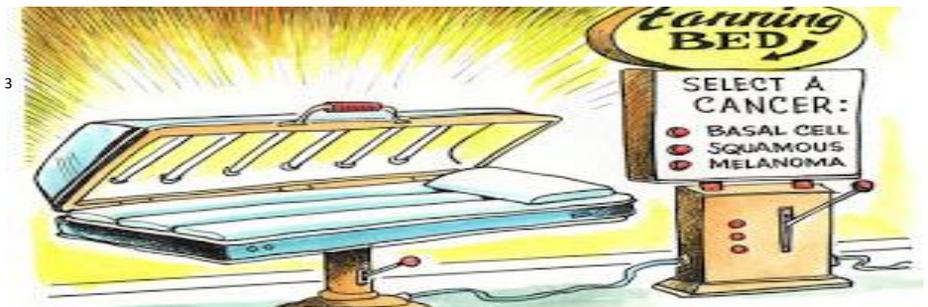
-One in five Americans will develop skin cancer in the course of a lifetime.

-Skin cancer is the most common form of cancer, in the USA, with two million people diagnosed annually.

-From 1970 to 2009, the incidence of melanoma increased by 800 percent among young women and 400 percent among young men.

-An estimated 6,280 men and 3,200 women in the US will die from melanoma in 2013.

- People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent.



All facts on this page are from The Skin Cancer Foundation at [skincancer.org](http://skincancer.org)