

# Sun Safety Tips

The most common cause of skin cancer is sun damage. Ultraviolet rays from the sun cause tanning and burning. Tanned skin is damaged skin, which can lead to dryness, wrinkles, brown spots and skin cancer. **This damage cannot be repaired.**

## How to Protect Your Skin from Sun Damage

- Stay out of the sun between 10 AM and 2 PM when the sun's rays are the strongest. Sand, water and the concrete around pools reflect most of the sun's harmful rays into shaded places.
- Apply a sunscreen before going outdoors even in the winter. The sunlight coming through car windows can damage your skin.
- Wear tightly woven clothing such as long-sleeved shirts and pants. If you can see light when holding fabric up to the light, the sun can get in. A wet t-shirt lets in almost as much sunlight as bare skin.
- Wear a tightly woven hat with a brim and sunglasses.
- Do not use tanning beds. The ultraviolet light causes premature aging and increases the risk of skin cancer.
- Certain medicines increase sensitivity to the sun. Avoid being in the sun when taking these medicines.

# Talooyinka Iska Badbaadinta Qorraxda

Sababta ugu caansan ee keenta kaansarka maqaarka waa dhaawaca qorraxda. Falaadhaha ama shucaaca “Ultraviolet” ee qorraxdau waxay keenaan midab-doorsoomid maqaar (tanning) iyo gubasho. Maqaarka midab-doorsoomay waa maqaar dhaawacmay, kaasoo ay ka iman karto qalayl, duuduub/coodhcoodh, baro cawlan iyo kansarka maqaarka. **Dhaawacaa lama hagaajin karo.**

## Sidaad Maqaarkaaga Uga Badbaadisid Waxyeelada Qorraxda

- Iska ilaali qorraxda inta u dhexeysa 10ka subaxnimo iyo 4ta galabnimo markaa oo ay falaadhaha qorraxdu ugu xoog badan yihiin. Camuudda, biyaha iyo sibidhka ama shamiintada ku wareegsan barkadaha dabaashu waxay falaadhaha qorraxda ee waxyeelada leh intooda badan ku soo weeciyaan goobaha hadhka leh.
- Marso labeenta qorraxda ka hor inta aanad dibadda u bixin xiitaa wakhtiga jiilaalka. Qorraxda ka soo galaysa daaqadaha baabuurta ayaa waxyeelo u geysan karta maqaarkaaga.
- Xidho dhar duntu ku badan tahay sida shaadhahd ama shaatiyo gacmo dhaadheer iyo surwaalo. Haddii aad iftiin arki kartid marka aad marada ku eegtid iftiinka, qorraxdu way soo dhaafi kartaa marada. Iftiinka maqaarkaaga soo gaadha marka aad xidhan tahay garan qoyan waxa uu la mid yahay marka aanad waxba xidhnayn.
- Xidho koofiyad duntu ku badan tahay oo leh qar iyo muraayadaha ama ookiyaalaha qorraxda.
- Ha isticmaalin sariiraha maqaarka midabkiisa lagu beddelo (tanning beds). Iftiinka “ultraviolet” waxa uu hore u gaboobijiyaa maqaarka waxana uu kordhiyaa halista kaansarka maqaar.
- Dawooyinka qaarkood waxay kordhiyaan dareemista iftiinka. Iska ilaali in aad joogtid qorraxda marka aad dawooyinkaa qaadanaayid.

## How to Choose a Sunscreen

- Choose a sunscreen with a SPF factor of 15 or higher that also blocks the full spectrum of UVA light. SPF ratings tell you how well the sunscreen shields against UVA rays that burn and damage the skin.
- Avoid products that combine UV and insect protection in one bottle. The sunscreen may be less effective.
- Oil-free products are best for you if you get acne breakouts.
- If a sunscreen causes stinging, itching or a rash, try a fragrance-free formula.
- Cosmetics, moisturizer or make-up foundations with UV protection need a full teaspoon of the product on your face to provide good protection.
- Keep babies younger than 6 months out of the sun. Use a sunscreen made for babies but limit the time in the sun.



## Sida Loo Doorto Labeenta Qorraxda

- Dooro labeen qorrax oo leh SPF (Tiro Ka-badbaadin Qorrax) ah 15 ama ka sareysa oo kaa horjoogsanaya baaxadda buuxda ee iftiinka UVA. Waxay tirada SPF kuu sheegaysaa sida ay labeentu qorraxda kaaga celinaysa falaadhaha UVA ee guba isla markaana dhaawaca maqaarka.
- Iska ilaali labeenta ka kooban ka-badbaadinta UV iyo cayayaanka oo hal dhalo la isugu geeyay. Waxa laga yaabaa in badbaadadeeda qorraxdu aanay sidaa waxtar u lahayn.
- Labeen aan saliid lahayn ayaa kuugu fiican haddii ay kugu dhacaan findoob.
- Haddii labeenta qorraxdu kugu rido qaniinyo, cuncun ama finan, isku day mid aan lahayn barafuun ama udgoon.
- Kosmetigga ama waji-qurxinta, qalal-ka-hortagga (moisturizer) ama waji-mariska leh ka-badbaadin UV waa in hal qaado shaah oo buuxda la mariyo wajiga si looga helo badbaadin.
- Ilmaha ka yar 6 bilood ka ilaali qorraxda. Isticmaal labeen qorrax oo loogu talagalay ilmaha yaryar ama nuunuuga laakiin xad u yeel wakhtiga qorraxda lala joogo.



## **How to Use Sunscreen**

- Apply sunscreen at least 20 minutes before going outside.
- Use enough sunscreen to cover your body well. Do not forget to apply sunscreen to the nose, neck, tops of feet, rims of ears and the lips.
- Reapply sunscreen every 2 hours when outdoors, even if the label says the sunscreen is water-resistant, sweat-proof or all day protection. Put on more sunscreen when it is windy, after being in the water or after working up a sweat.
- Do not use expired sunscreen.

## **Check Your Skin**

- Check your skin monthly for skin changes. Tell your doctor about new or unusual bumps, spots, blisters or changes in a mole.
- Have your skin checked by a doctor every 3 years before age 40 and yearly after that. People at high risk for skin cancer may need to see their doctor more often.

## **Sida Loo Isticmaalo Labeenta Qorraxda**

- Marso labeenta qorraxda ugu yaraan 20 daqiiqadood ka hor inta aanad dibadda u bixin.
- Isticmaal labeen qorrax oo kugu filan si jidhkaaga si fiican ay u wada gaadho. Ha iloobin in aad marisid sanko, qoorta, cagaha dushooda, qarka dhagaha iyo dibnaha.
- Dib u marso 2-dii saacadoodba marka aad dibadda joogtid, xiitaa haddii uu qoraalku sheegayo in labeenta qorraxdu tahay mid aan biyuhu maydihin, oo dhididku maydihin ama ay tahay mid leh badbaadin maalintii oo dhan ah. Marso labeen qorrax oo dheeraad ah marka ay dabayl jirto, ka dib marka aad gashid biyo ama ka dib marka dhidid kaa yimaado.
- Ha isticmaalin labeen qorrax oo wakhtigeedu dhacay.

## **Fiiri Maqaarkaaga**

- Bil kasta maqaarka ka fiiri in wax isbeddel ahi ku dhacay. U sheeg dhakhtarkaaga wixii ah kuuskuus cusub ama aan caadi ahayn, baro, nabaro ama isbeddelo ku dhacay usheeg.
- Maqaarkaaga ha fiiriyo dhakhtar saddexdii sannadoodba mar inta aanad gaddhin 40 jir wixii ka danbeeyana sannadkii ba mar. Dadka aad halista ugu ah kaansar maqaarka waxa laga yaabaa inay u baahan yihiin inay arkaan dhakhtarkooda wakhtiyo intaa ka badan.

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