

Sun Safety Tips

Stay safe in the sun to lower your risk of skin cancer. If you do not protect your skin, the sun can harm your skin over time. Sunlight is a natural source of ultraviolet (UV) rays. Exposure to UV rays can come from natural sunlight or man-made sources such as tanning beds or tanning lamps. The sun's UV rays can be harmful and damage your skin leading to:

- Wrinkled skin
- Sagging skin
- Dry skin
- Color changes on the skin
- Skin cancer

The main risk for developing skin cancer is too much sun exposure on unprotected skin. UV rays that damage skin the most are UVA and UVB rays, which cause tanning and burning of the skin.

Things to Remember about Sun Exposure

- The sunlight coming through your car window can damage your skin.
- You can sunburn on a cloudy day. The sun's rays can pass through clouds on an overcast day.
- Snow, ice, sand, water and concrete around pools can reflect the sun's rays and increase your chance of sunburn.
- Everyone is at risk for skin damage and should protect their skin. People of all skin colors can get skin cancer.

防晒提示

采取防晒措施可以降低皮肤癌风险。如果您不保护自己的皮肤，则太阳会渐渐地对它带来损害。阳光是一种紫外线 (UV) 的天然来源。对紫外线的暴露可以来自于自然日光或人造光 (如晒肤床或晒肤灯)。太阳的紫外线可能对人体有害，并会损害您的皮肤以使它：

- 起皱
- 松弛
- 干燥
- 变色
- 患皮肤癌

皮肤癌的主要风险是未受保护的皮肤暴露于阳照的时间过长。对皮肤最有害的紫外线是UVA和UVB 射线，二者可以晒黑和灼伤皮肤。

暴露于日照时要记住

- 透过车窗的阳光会损害皮肤。
- 阴天也会被晒伤。太阳射线可穿过阴天的云层。
- 雪、冰、沙、水和游泳池周围的混凝土可以反射太阳的射线并增加晒伤的机会。
- 每个人都有皮肤受损的风险，所以应保护自己的皮肤。所有肤色的人都可能患皮肤癌。

How do I protect myself from skin damage?

- Apply a sunscreen before going outdoors.
 - ▶ Use caution with spray sunscreens. Avoid getting it into the eyes, nose or mouth. Do not breathe in the spray. Spray the sunscreen into your hands and then apply it to your face, ears, and neck.
- Try to stay out of the sun between 10:00 AM and 4:00 PM when the sun's rays are the strongest.
- Wear protective, tightly woven clothing such as a long-sleeved shirt and pants. If you are sensitive to the sun, consider buying sun-protective lightweight clothing. Use an umbrella for shade.
- Wear a tightly woven hat with a round brim. The brim of the hat should be at least 4 inches wide.
- Protect your eyes from sunlight with sunglasses, even when walking short distances.
- Do not use tanning beds and tanning salons. Their UV light causes early aging and increases your risk of skin cancer.

How do I choose a sunscreen?

- Choose a product that says "broad spectrum" coverage with a Sun Protection Factor (SPF) of 30 or higher. SPF ratings tell you how well the sunscreen blocks the sun's harmful UV rays.

如何使您的皮肤免受损害？

- 外出前应涂防晒霜。
 - ▶ 使用喷雾防晒霜时应小心。要避免使它进入眼睛、鼻子或口中。切勿吸入喷雾。将防晒霜先喷在手上，然后再涂到脸部、耳部和颈部。
- 在阳光最强时（上午10点至下午4点之间）尽量避开日照。
- 穿有保护性的、质地密实的衣服，如长袖衬衫和裤子。如果您对太阳敏感，则可以考虑购买轻便的防晒衣服。用伞遮阳。
- 戴质地密实的园边帽。帽檐应该至少有 4 英寸宽。
- 戴太阳镜来保护眼睛，即使短距离走路时也如此。
- 不要用晒肤床和晒肤灯。它们的紫外线光会使皮肤提前老化并增加患皮肤癌的风险。

如何选择防晒霜？

- 请选择防晒系数 (SPF) 为30的广谱防晒霜。防晒系数等级告诉您防晒霜能够如何有效地阻挡阳光中的有害紫外线。

- Products that are not broad spectrum or that are broad spectrum but have SPF values less than 15 will have a “Skin Cancer/Skin Aging Alert” on the label. These products will prevent sunburn but not skin cancer or early aging of skin. They are not recommended to protect your skin.
- If you are at risk for acne, use oil-free products. If a sunscreen causes stinging, itching or a rash, try a fragrance-free product that lists titanium dioxide or zinc oxide as an active ingredient.
- Avoid products that combine UV and insect protection in one bottle. The sunscreen effect may be reduced.
- Use make-up with UV protection plus moisturizer on your face. You should apply a full teaspoon on your face to provide enough protection from the sun.
- Keep babies younger than 6 months out of the sun. At 6 months, use a product made for babies. Limit sun exposure for babies.
- Certain medicines or types of make-up may increase your sensitivity to sun.

How do I use sunscreen?

- Apply sunscreen at least 30 minutes before going outdoors. It may be helpful to apply sunscreen in front of a mirror to make sure your skin is fully covered.
- It takes at least an ounce of sunscreen, or enough to fill the palm of your hand, to cover all exposed parts of your body. Adjust the amount of sunscreen you use based on your body size.
- Remember to put sunscreen on your nose, entire neck, top of your feet, top of your ears, and your lips. Wax-based sunscreen sticks are less messy and last longer on these areas.

- 非广谱或者防晒系数值小于15的广谱防晒霜会在标签上标有“皮肤癌/皮肤提早老化”字样。这些防晒霜虽然有防止晒伤功效，却不能防止皮肤癌或皮肤提前老化。建议不要用此类防晒霜来保护皮肤。
- 如果您有患痤疮的风险，请用无油脂防晒霜。如果出现刺痛、瘙痒或皮疹，请试用无芳香防晒霜。此类产品的活性成分有二氧化钛或氧化锌。
- 避免使用集防紫外线和防虫功效于一体的防晒霜，因为防晒效果可能会降低。
- 在面部使用防紫外线并润肤的化妆品。应在脸上涂一整茶匙以达到防晒效果。
- 不满6个月的婴儿不要日照。当婴儿6个月时，请使用婴儿防晒霜。应限制日晒时间。
- 某些药物或类型的化妆品可能增加您对太阳的敏感度。

如何使用防晒霜？

- 应在外出前至少30分钟涂上防晒霜。在镜子前涂抹可能会有有助于完全覆盖皮肤。
- 要涂满身体所有的暴露部位，至少要有一盎司的防晒霜或足以填满手心的量。应根据您体型大小来调整防晒霜的使用量。
- 不要忘记在鼻子、颈部、脚背、耳廓或唇上涂防晒霜。蜡质防晒膏在这些部位使用较方便，并且效果更久。

- Reapply sunscreen every 2 hours when outdoors, even on cloudy days. No matter what the label says, you need to put on more sunscreen when it is windy, after being in the water, or after working up a sweat.
- Keep sunscreen nearby, in places such as:
 - ▶ Purse
 - ▶ Backpack
 - ▶ Car glove compartment
 - ▶ Boat
 - ▶ Golf bag
 - ▶ Patio / deck
- Check the expiration date on sunscreen. Throw away expired sunscreen.

Check Your Skin

- Look at your skin every month. Ask for the handout “Melanoma and Skin Exam”. Tell your doctor about any new or unusual bumps, spots or changes in a mole.
- Have your skin checked by your doctor each year at your regular health visit. People at high risk for skin cancer may need to have their skin checked more often.

**Use a sunscreen regularly to help prevent skin cancer.
Remember to use SPF 30 or greater.
Burn patients should use SPF 40 or greater.**

- 在户外时，应每隔 2 小时涂一次防晒霜，即使是阴天。无论标签内容如何，请在有风时、下水后或在出汗后涂更多的防晒霜。
- 将防晒霜放在身边，例如下列地方：
 - ▶ 手提包
 - ▶ 船上
 - ▶ 背包
 - ▶ 高尔夫球袋
 - ▶ 汽车仪表板下的储物箱
 - ▶ 露台/平台
- 检查防晒霜的有效日期。丢掉过期的防晒霜。

检查皮肤

- 每月检查一次皮肤。请仔细阅读宣传材料“黑色毒瘤和皮肤检查”。如果有任何新的或不正常的肿起、斑点或发现痣有所变化，请告诉医生。
- 每年体检时让医生检查您的皮肤。对于患皮肤癌风险高的人，可能需要更频繁的检查。

**定期使用防晒霜以防止皮肤癌。
防晒系数应为30或更高。
防晒系数对烧伤患者应为40或更高。**