

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.

Talooyinka Iska Badbaadinta Qorraxda

Ammaan ka ahaw qorraxda si aad u yareysid halistaada kaansar maqaar. Haddii aanad badbaadin maqaarkaaga, qorraxdu waxay waxyeeyn kartaa maqaarkaaga mudo ka dib. Iftiinka qorraxdu waa il dabiici ah oo ay ka yimaadaan falaadhaha ama shucaaca “ultraviolet” (UV) ee qorraxda ama illaha bini’aadanku sameeyay sida sariiraha lagu beddelo midabka maqaarka (tanning beds) ama faynuusyada lagu beddelo midabka maqaarka (tanning lamps). Falaadhaha UV ee qorraxdu waxay yeelan karaan waxyeelo waxana ay waxyeeyn karaan maqaarkaaga taasoo keenaysa:

- Maqaar coodhcoodh leh
- Maqaar dabcaay
- Maqaar qallalan
- Isbeddelo midab oo ah maqaarka
- Kaansarka maqaarka

Halista ugu weyn ee yeelashada kaansarka maqaarka waa soo gaadhista qorraxda oo aad u badan ama maqaar aan badbaadsanayn. Falaadhaha UV ee ugu badan waxyeelada maqaarka waa falaadhaha UVA iyo UVB, kuwaasoo keena doorsoomid midab maqaar iyo gubasho maqaar.

Waxyaabaha ay tahay in laga xusuusnaado soo gaadhista qorraxda

- Iftiinka qorraxda ee ka soo galaya daaqadda baabuurkaaga wuxu waxyeeyn karaa maqaarkaaga.
- Qorrax-gubasho ayaa kugu dhici karta maalin daruuro leh. Falaadhaha qorraxdu waxay ka soo gudbi karaan daruuraha maalin daruuro leh.
- Barafka jilicsan, barafka adag, ciidda, biyaha iyo sibidhka ku wareegsan barkadaha waxay soo celin karaan iftiinka qorraxda oo kordhin karaan suurtoogalka qorrax-gubasho kugu dhacda.
- Qof kasta waa u halis waxyeelo maqaar waana inuu badbaadiyo maqaarkiisa. Dadka leh midab kasta waxa ku dhici kara kaansarka maqaarka.

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.

Sidee baan isaga badbaadiyaa waxyeelo maqaar?

- Marso labeenta qorraxda ka hor inta aanad dibadda u bixin.
 - ▶ Taxadir samee marka aad isticmaalaysid labeen qorrax oo buufis ah. Iska ilaali inay kaa gasho indhaha, sanko ama afka. Ha neefsan buufiska. Labeenta qorraxda (kiriimka layskaga celiyo gubitaanka qorraxda) ku buufi gacmahaaga ka dibna mari wajigaaga, dhegaha, iyo qoorta.
- Isku day in aanad joogin qorraxda inta u dhexeysa 10:00 subixii iyo 4:00 galabtii goortaas oo iftiinka qorraxdu ugu xoog weyn yahay.
- Xidho dhar si isku dhow loo falkiyay oo badbaado leh sida shaadh/shaati gacmo-dheere ah iyo surwaal. Haddii aad dareen u leedahay qorraxda, ku fikir inaad iibsatiid dhar khafiif ah oo badbaado qorrax leh. Isticmaal dalad si aad hadh u heshid.
- Xidho koofiyad si isku dhow loo falkiyay oo leh qar wareegsan. Waa in qarqa koofiyaddu yahay ugu yaraan 4 inji balac ahaan.
- Indhahaaga ka badbaadi iftiinka qorraxda adiga oo xidhanaya muraayadaha qorraxda, xiitaa marka aad lugeynaysid masaafo gaaban.
- Ha isticmaalin sariirta lagu beddelo midabka maqaarka iyo qollalka lagu beddelo midabka maqaarka. Iftiinkooda ah UV wuxu keenaa gaboobid soo hormarta waxana uu kordhinayaa halistaada kaansarka maqaarka.

Sidee baan u doortaa labeen qorrax?

- Doorro mid leh baaxad balaadhan oo leh Tiro Ka-badbaadin Qorrax (Sun Protection Factor) (SPF) oo ah 30 ama ka sareeya. Tirada SPF waxay sheegaysaa awoodda ay labeenta qorraxdu kaaga celinayso falaadhaha UV ee qorraxda ee waxyeelada leh.

- 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.

- Labeenaha aan lahayn baaxad balaadhan ama leh baaxad balaadhan laakiin leh tiro SPF oo ka yar 15 waxa ku qornaan doona “Digniin Kaansar Maqaar/Gabow Maqaar” (Skin Cancer/Skin Aging Alert). Labeenahaasi waxay baajin doonaan qorrax-gubasho laakiin ma baajin doonaan kaasarka maqaarka ama gabow maqaar oo soo hormaray. Laguma talinayo inaad ku badbaadisid maqaarkaaga.
- Haddii aad halis u tahay fin-doob, isticmaal walxaha aan lahayn saliid. Haddii labeen qorrax ay keento xanuun, cuncun ama finan, tijaabi mid aan cadar lahayn oo waxyaabaha waxtarka leh ee ay ka kooban tahay ay ka mid yihiin “titanium dioxide” ama “zinc oxide”.
- Iska ilaali labeenaha ka samaysan lidka UV iyo lidka cayayaanka (kiriimka layskaga celiyo qaniinyada cayayaanka) oo hal dhalo la isugu geeyay. Waxa laga yaabaa in waxtarkeeda badbaadada qorraxdu uu yaraaday.
- Wajigaaga ku isticmaal kosmetig ama “make-up” leh ka-badbaadin UV oo uu weheliyo qallal-ka-hortag (moisturizer). Waa inaad wajigaaga marisid hal qaado shaah oo buuxda oo ah labeenta si aad u siisid qorrax ka badbaadin ku filan.
- Ilmaha ka yar 6 bilood ha u saarin qorraxda. Marka ay jiraan 6 bilood, isticmaal labeen loo sameeyay sabiga ama ilmaha yaryar. Xad u yeel qorraxda soo gaadhaysa sabiga.
- Dawooyinka qaarkood ama noocyada “make-up” qaarkood waxa laga yaabaa inay kordhiyaan xasaasiyadda aad u leedahay qorraxda.

Sidee baan u isticmaalaa labeenta qorraxda?

- Marso labeenta qorraxda ugu yaraan 30 daqiiqadood ka hor inta aanad dibadda u bixin. Waxa gargaar yeelan karta adiga oo labeenta qorraxda ku hor marsada muraayada si aad u hubisid in maqaarkaaga oo dhan aad marisay.
- Waxay qaadanaasaa ugu yaraan hal wiiqiyad oo ah labeenta qorraxda, ama in ku filan inay buuxiso baabacada gacantaada, si aad u marisid dhammaan qaybaha qaawan ee jidhkaaga. Cabir qadarka labeenta qorraxda ee aad isticmaalaysid adiga oo ku saleynaya cabirka jidhkaaga.
- Xusuuso inaad labeenta qorraxda marisid sankaa, qoorta oo dhan, dusha cagahaaga, dusha dhegahaaga, iyo dibnahaaga. Ullaha labeenta qorraxda ee ah “wax-based” ayaa leh ku daadasho yar oo mudo dheer aan meesha ka go’aynin.

- 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.**

- Dib u marso labeenta qorraxda 2-dii saacadoodba marka aad dibadda joogtid, xiitaa maalmaha daruuro leh. Wuxu doono ha sheegayo qoraalka ku yaala, waxa aad u baahan tahay inaad marsatid labeen qorrax oo dheeraad ah marka ay dabayl jirto, ka dib marka aad gashid biyaha ama ka dib marka dhidid kaa yimaado.
- Meel kuu dhow ku hayso labeen qorrax, sida:
 - ▶ Boorso
 - ▶ Khaanadda baabuurka
 - ▶ Boorsada Golofka
 - ▶ Boorsada dhabarka
 - ▶ Doonta
 - ▶ Barandada
- Fiiri taariikhda dhicitaanka ee ku qoran labeenta qorraxda. Iska tuur labeen qorrax oo dhacday.

Fiiri Maqaarkaaga

- Bil kasta fiiri maqaarkaaga. Weydiiso qoraalka “Melanoma and Skin Exam”. U sheeg dhakhtarkaaga wixii ah kuuskuus cusub ama aan caadi ahayn, dhibco ama isbeddelo ku dhacay bar.
- Dhakhtarkaagu ha fiiriyo maqaarkaaga sannad kasta marka aad u tagtid booqashadaada caafimaad ee joogtada ah. Dadka halis sare u ah kaansarka maqaarka waxa laga yaabaa inay u baahan yihiin in maqaarkooda la fiiriyo marrar intaa ka badan.

**Si joogto ah u isticmaal labeen qorrax si
aad uga hortagtid kaansar maqaar.
Xusuuso inaad isticmaashid SPF ah 30 ama ka weyn.
Bukaanka gubtay waa inay isticmaalaan SPF ah
40 ama ka weyn.**

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