

# 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.

# 防曬提示

採取防曬措施可以降低皮膚癌風險。如果您不保護自己的皮膚，太陽會漸漸地對它帶來損害。陽光是一種紫外線 (UV) 的天然來源。對紫外線的暴露可以來自於自然日光或人造光（如曬膚床或曬膚燈）。太陽的紫外線可能對人體有害，並會損害您的皮膚以使它：

- 起皺
- 鬆弛
- 乾燥
- 變色
- 患皮膚癌

皮膚癌的主要風險是無保護的皮膚暴露於日照的時間過長。對皮膚最有害的紫外線是UVA 和 UVB 射線，兩者可以曬黑和灼傷皮膚。

## 暴露於日照時要記住

- 透過車窗的陽光會損害皮膚。
- 陰天也會被曬傷。太陽射線在陰天也可穿過雲層。
- 雪、冰、沙、水和游泳池周圍的混凝土可以反射太陽的射線並增加曬傷的機會。
- 每個人都有皮膚受損的風險，所以應保護自己的皮膚。所有膚色的人都可能患皮膚癌。

## **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.

## 如何使您的皮膚免受損害？

- 外出前應塗防曬霜。
  - ▶ 使用噴霧防曬霜時應小心。要避免噴入眼睛、鼻子或口中。切勿吸入噴霧。將防曬霜先噴在手上，然後再塗到臉部、耳部和頸部。
- 在陽光最強時（上午10點至下午4點之間）儘量避開日照。
- 穿有保護性、質地密實的衣服，如長袖襯衫和褲子。如果您對太陽敏感，則可以考慮購買輕便的防曬衣服。用傘遮陽。
- 戴質地密實的圓邊帽。帽檐應該至少有4英寸寬。
- 戴太陽鏡來保護眼睛，即使短距離行走也如此。
- 不要用曬膚床和曬膚燈。它們的紫外線光會使皮膚提前老化並增加患皮膚癌的風險。

## 如何選擇防曬霜？

- 請選擇防曬係數 (SPF) 為30的廣譜防曬霜。防曬係數等級告訴您防曬霜能夠如何有效地阻擋陽光中的有害紫外線。

- 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.

- 非廣譜或者防曬系數值小於15的廣譜防曬霜會在標籤上印有「皮膚癌/皮膚提早老化」字樣。這些防曬霜雖然有防止曬傷功效，卻不能防止皮膚癌或皮膚提前老化。建議不要用此類防曬霜來保護皮膚。
- 如果您有患痤瘡的風險，請用無油脂防曬霜。如果出現刺痛、瘙癢或皮疹，請試用無芳香防曬霜。此類產品的活性成分有二氧化鈦或氧化鋅。
- 避免使用集防紫外線和防蟲功效於一體的防曬霜，因為防曬效果可能會降低。
- 在面部使用防紫外線並潤膚的化妝品。應在臉上塗一整茶匙以達到防曬效果。
- 不要將不滿6個月的嬰兒暴露於日照。當嬰兒滿6個月時，請用嬰兒防曬霜。應限制日照時間。
- 某些藥物或類型的化妝品可能增加您對太陽的敏感度。

### 如何使用防曬霜？

- 應在外出之前至少30分鐘塗防曬霜。在鏡子前塗抹可能會有助於完全覆蓋皮膚。
- 要塗滿身體所有的暴露部位，至少要有一盞司的防曬霜或足以填滿手心的量。應根據您的體型大小來調整防曬霜的使用量。
- 不要忘記在鼻子、頸部、腳背、耳廓或唇上塗防曬霜。蠟質防曬膏在這些部位使用較方便，並且效果持久。

- 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.**

- 在戶外時，應每隔2小時塗一次防曬霜，即使是陰天。無論標籤內容如何，請在有風時、下水後或在出汗後塗更多的防曬霜。
- 將防曬霜放在身邊，例如下列地方：
  - ▶ 手提包
  - ▶ 船上
  - ▶ 背包
  - ▶ 高爾夫球袋
  - ▶ 汽車儀錶板下的儲物箱
  - ▶ 露臺/平臺
- 檢查防曬霜的有效日期。丟掉過期的防曬霜。

## 檢查皮膚

- 每月檢查一次皮膚。請仔細閱讀宣傳材料「黑色毒瘤和皮膚檢查」。如果有任何新的或不正常的腫起、斑點或發現痣有所變化，請告訴醫生。
- 每年體檢時讓醫生檢查您的皮膚。對於患皮膚癌風險高的人，可能需要更頻繁的檢查。

定期使用防曬霜以防止皮膚癌。  
防曬係數應為30或更高。  
防曬係數對燒傷患者應為40或更高。