



Protect Yourself from the Sun

Sunlight contains two types of ultraviolet rays that reach the earth and can cause sunburn and skin cancer: Ultraviolet A (UVA) and Ultraviolet B (UVB). UVA rays are responsible for the majority of our sun exposure, because they pass effortlessly through the ozone layer. Most UVB rays are absorbed by the ozone, but enough of these rays pass through to cause serious damage.

Here are some little known sun facts:

- Ultraviolet rays can penetrate glass and windows.
- Eighty percent of the sun's damaging rays get through on a partially cloudy day.
- Heat and brightness do not indicate how intense the ultraviolet rays are, so applying sunscreen is important in cold weather, too.
- Reflective surfaces, such as sand, water, concrete, snow, and white boat decks, amplify the sun's damaging rays.
- Children usually spend three times longer in the sun than adults.

To protect yourself from the sun, follow these simple do's and don'ts:

- **Do** use a sunscreen with a sun protection factor (SPF) of at least 15. Apply it at least 30 minutes before sun exposure so a protective layer can bind to your skin.
- **Do** reapply sunscreen every two hours when outdoors.
- **Do** reapply water-resistant sunscreen every 40 minutes when in the water or perspiring a lot. Reapply waterproof sunscreen every 90 minutes.
- **Do** use sunscreen on cloudy days.
- **Do** avoid the sun between 10 a.m. and 4 p.m., when the rays are the strongest.
- **Do** make sure that you use a sunscreen that is best for your type of skin. If your skin is dry, use a cream or lotion sunscreen. Avoid using alcohol-based sunscreens if you have sensitive skin.
- **Don't** forget to apply sunscreen to areas that can be easily missed, including the backs of your hands, behind your knees, your nose, tops of the feet, and the ears. Apply sunscreen in front of a mirror before getting dressed to avoid missing any spots.
- **Don't** apply sunscreen on children younger than 6 months of age.

Source: UnitedHealthcare

For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.