

RECOMMENDED SPF

Skin Type	1 hr	2 hr	3 hr	4 hr	5+ hr
Very Fair, Extremely Sensitive	15	30	30	45	45
Fair, Sensitive	15	15	30	30	45
Fair	15	15	15	30	30
Medium	8	8	15	15	30
Dark	4	8	8	15	15

Note. Read instructions for reapplication. Swimming, continuous sweating, or other circumstances changes reapplication amounts and times.

WHY SHOULD I USE PROTECTIVE EYEWEAR?

Protective eyewear prevents long-term problems to our eyesight. When purchasing sunglasses, make sure that they are UV protective. UV radiation increases the likelihood of cataracts. Cataracts are a form of eye damage that causes the lens of the eye to lose transparency and become cloudy. When cataracts are left untreated it can lead to blindness. Other types of damage pertaining to the eyes are: pterygium (causes tissue to grow and block vision), skin cancer around the eye, breakdown of the macula (part of the retina that deals with visual perception), and many others. These problems can be lessened with proper eye protection.



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Protection from the UV Rays of the Sun

Skin and Eye Care



WHY SHOULD WE TAKE PRECAUTIONS AS WE ENGAGE IN OUTSIDE ACTIVITIES?

Many activities related to our daily lives expose us to the sun. Overexposure to the sun can pose dangers to our skin and other health hazards. We should avoid overexposure to direct sunlight by wearing proper protection.

Research shows that in the tropics, people have darker skin because they live where the rays of the sun are more intense due to the direct angle of the rays. This is important because the human body goes through a tanning process to protect the skin. People with fair skin have a risk 10 times greater of developing skin cancer than people with darker skin. Some exposure to allow tanning may be harmless but overexposure (i.e. sun burns) increases the risk of skin cancer. Generally, there are not many problems associated with underexposure. Overexposure and how to protect yourself from it is where concern lies.

WHAT IS SPF?

SPF stands for Sun Protection Factor.

1. The SPF of a sunscreen indicates the time period you can stay in the sun without burning, based on your skin complexion. For example, a sunscreen lotion has an SPF of 15. This means it will protect your skin 15 times longer than the limit of your skin protection without sunscreen.
2. If it takes an individual 20 minutes of exposure to sunlight to start getting burned without protection, a sunscreen with an SPF of 15 will allow that person to be exposed to the sunlight for 5 hours (20 minutes x SPF 15 = 300 minutes = 5 hours).

UVA and UVB

SPF levels protect us from the two types of radiation from the sun that reach the earth's surface. These two types of radiation are known as UVA and UVB, both are harmful.

1. UVA is long-wave radiation that penetrates the skin the deepest. Overexposure to UVA can cause...
 - wrinkling
 - tanning of the skin
 - damages to skin tissue
 - melanoma cancer
2. UVB is short-wave radiation, which intensifies the effects of UVA. Overexposure to UVB can cause sunburn.

Researchers have linked melanoma, the most deadly form of skin cancer, to UV exposure. Melanoma is one of the fastest growing cancers with rates doubling in the past two decades, and expected to continue rising.

Overexposure to UV radiation may suppress the immune system as well as the skin's natural defenses. Protecting ourselves from the harmful rays of the sun will lessen the chances of developing cancer and other skin problems.

Cloudy days are just as dangerous as sunny days. Clouds may give the perception that they block out UV radiation, but they don't. They only block out some forms of sunlight. Thus, being out in the day with clouds above is the same as if there weren't any clouds.

