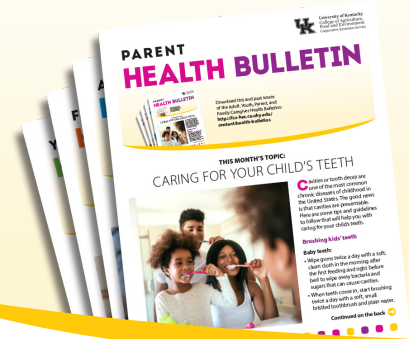




PARENT

HEALTH BULLETIN



JULY 2023

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THIS MONTH'S TOPIC:

PREVENT SUNBURNS THIS SUMMER



Spending time outside is good for kids and adults alike! There are many fun outdoor activities to do in the summer and many of these activities promote exercise and spending quality time together.

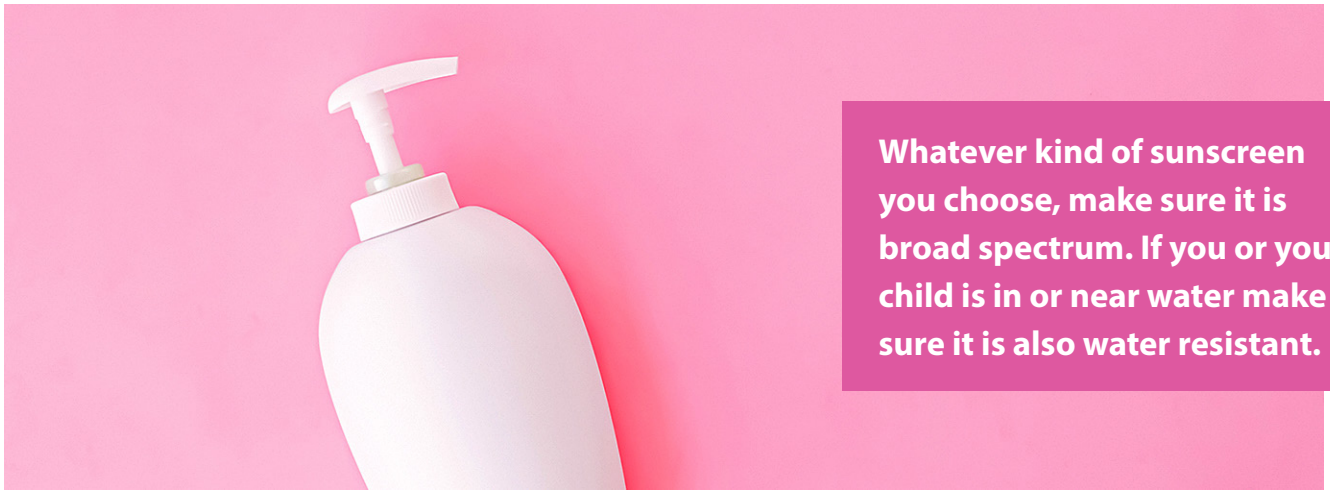
When planning summer fun outdoors, it is important to remember to include sun protection, to prevent overexposure to the sun and sunburns. Over time, too much exposure to the sun's ultraviolet rays (UV rays) can lead to skin cancer, skin damage and aging, and eye injury.

Sunburns occur when UV rays react with a chemical called melanin (MEL-eh-nun) in the skin. The lighter a person's natural skin color, the less melanin it has to absorb UV rays and protect itself. People with darker skin generally have

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Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher.



Whatever kind of sunscreen you choose, make sure it is broad spectrum. If you or your child is in or near water make sure it is also water resistant.

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more melanin. Regardless of skin tone though, everyone needs protection from UV rays because they cause damage over time to all skin types.

A sunburn happens when the amount of UV exposure is greater than the protection of the skin's melanin. The longer someone stays in the sun and the stronger the sunlight is, the greater the risk of damage. A tan is itself a sign of skin damage and does not help protect the skin.

Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher. Whatever kind of sunscreen you choose, make sure it is broad spectrum. If you or your child is in or near water make sure it is also water resistant. Apply a generous amount and reapply often.

One of the best ways to protect skin is to cover it up. Some clothes have an ultraviolet protection factor (UPF) against the sun, so check the labels on swimwear and rash guards. To see if shirts and cover-ups offer enough protection, put your hand inside the clothes to make sure you cannot see it through them.

Babies' skin burns more easily, so keep them out of the sun whenever possible. If your baby must be in the sun, dress them in lightweight clothing that covers the body, including hats with wide brims to shade the face.

Try to stay in the shade when the sun is at its strongest, usually from 11 a.m. to 3 p.m. in the northern hemisphere. If kids are in the sun during this time, apply and reapply sunscreen — even if they are just playing in the backyard. Most sun damage happens during day-to-day activities because it is easy to overlook using sunscreen then. Encourage kids to rest in the shade when taking breaks from summer fun.

The sun's rays can damage your eyes too. Sun exposure over time can cause cataracts (clouding of the eye, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection. Let kids pick their own pair. There are many fun options with colored frames, shapes, and characters.

Do not avoid outside fun this summer because of the sun. Plan ahead to protect your and your family's skin and enjoy being active and making memories outdoors together!

REFERENCE:

<https://kidshealth.org/en/parents/sun-safety.html>

**ADULT
HEALTH BULLETIN**

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