



Sun Safety

Having the aquatic skills, and being safe in and around the water is great, but there is another thing to be aware of, and that's the sun and UV. Here are some sun and UV safety tips below for you from the Environmental Protection Agency.

You can also download a copy in PDF format by [clicking here](#).

Action steps for sun safety -

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While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) light can cause skin cancer and other health problems.

Be SunWise

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States.



Do Not Burn

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



Avoid Sun Tanning and Tanning Beds

UV light from tanning beds and the sun causes skin cancer and wrinkling.



Generously Apply Sunscreen

Generously apply sunscreen: about one ounce to cover all exposed skin 20 minutes before going outside.



Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when outdoors.



Seek Shade

Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.



Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sunburn.



Get Vitamin D Safely

Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D.

Save your life. A new or changing mole should be evaluated by a dermatologist.

Special Considerations for Children

Recent medical research shows that it is important to protect children and young adults from overexposure to UV radiation.

- (1) avoiding sun exposure, and
- (2) dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats. Parents can also avoid taking children to the beach or pool during the middle of the day.

EPA's SunWise Program

In response to the serious public health threat posed by overexposure to UV radiation, EPA is working with the U.S. Department of Health and Human Services to develop a national SunWise Program.

UV Index

| Exposure Category | UVI Range |
|-------------------|-----------|
| Low | < 2 |
| Moderate | 3 to 5 |
| High | 6 to 7 |
| Very high | 8 to 10 |
| Extreme | 11 + |

The UV Index forecasts the strength of the sun's harmful rays. The higher the number, the greater the risk of sunburn. Visit www.epa.gov/sunwise/uvindex.html for more information.

For More Information

To learn more about UV radiation, the action steps for sun protection, and the SunWise Program, call EPA's SunWise Hotline at 1-800-424-9312.

