

NEWS RELEASE – 3rd in a series on Summer Health

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Sun Safety Tips

McCook – Summer is here and so is the sun! “Taking a few minutes now to review sun safety guidelines can help you stay safe, prevent skin cancer and avoid sunburn,” states Jamey Keen, Public Health Nurse. “The Center for Disease Control has created guidelines for UV exposure that can make your summer more enjoyable.”

The following are recommendation from the Center for Disease Control:

The Dangers of UV Exposure

- You can sunburn even on a cloudy day.
- Keep in mind the sun is strongest between 10 am and 4 pm.
- On average, children get 3 times more exposure than adults.
- Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays.
- Depletion of Earth's ozone continues to increase your exposure to UV rays.

Sun Safety Alliance Guidelines:

- Wear clothing that's dark and tightly woven.
- Wear a wide-brimmed hat and sunglasses.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often. Parents should apply the sunscreen to their children rather than the child applying it.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- Try to stay in the shade whenever possible!

Additional resources can be found at the Center for Disease Control’s website at: www.cdc.gov.

If you have questions, please contact Public Health Nurse, Jamey Keen at nurse@swhealth.ne.gov , review our web site at <http://www.swhealth.ne.gov>, call the office at 308-345-4223 or visit us at 404 West 10th Street – one block north of Arby's.

SWNPHD is on Facebook and Twitter. The health department serves Chase, Dundy, Hayes, Hitchcock, Frontier, Furnas, Perkins and Red Willow counties.

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