



# Sun Safety

for Adults and Children

 Altru®

**SAFE**  
**K:DS**  
GRAND FORKS



Skin cancer, although largely preventable, is the most common form of cancer. More than 3.5 million skin cancers are diagnosed each year in the United States. The good news is that skin cancer is preventable with the following steps and if found early, is very treatable.

### Increased Risk

Some of us are at an increased risk for developing skin cancer. Some examples of increased risk are:

- » Unprotected and/or excessive exposure to ultraviolet (UV) radiation (sunlight or tanning booths)
- » Pale skin (easily sunburned, doesn't tan much or at all, natural red or blonde hair)
- » Occupational exposures to coal tar, pitch, creosote, arsenic components or radium
- » You or another member of your family have had skin cancer
- » Multiple or unusual moles
- » Severe sunburns in the past
- » Spend a lot of time outdoors
- » Take medications that make your skin more sensitive to light or lowers your immune system.

# Safety Action Steps

- » **Do not burn.**  
Each time you burn, you increase your lifetime risk of skin cancer.
- » **Avoid tanning.**  
Natural and artificial UV light directly contributes to skin cancer. Tanning beds are even classified as carcinogens (cancer causing agents) by the World Health Organization (WHO).
- » **Generously apply sunscreen.**  
Apply about 1 ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a sun protection factor (SPF) minimum of 30 and should cover both ultraviolet A (UVA) and ultraviolet B (UVB). Reapply every two hours and after swimming and sweating, and don't forget lip balm.
- » **Wear protective clothing.**  
Wear long-sleeved shirts, pants, wide-brimmed hats, and sunglasses with UVA and UVB protection as much as possible.
- » **Seek shade.**  
Seek or play in shade when possible. Keep in mind that the sun's 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 sun exposure. They are issued daily.



- » **Get Vitamin D safely.**  
Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

# SAY YES TO SUN PROTECTION SAY NO TO SKIN CANCER

SKIN C  
COMM

ONE in FIVE  
in their lifetime  
the deadliest



## THERE ARE TWO TYPES

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:



- **SEEKING SHADE**
- **WEARING PROTECTIVE CLOTHING**
- **APPLYING SUNSCREEN TO ALL SKIN NOT COVERED BY CLOTHING**



### PHYSICAL SUNSCREEN

This sunscreen **WORKS LIKE A SHIELD**; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients **ZINC OXIDE** and/or **TITANIUM DIOXIDE**.

Opt for this sunscreen if you have **SENSITIVE SKIN**.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **BROAD-SPECTRUM, WATER-RESISTANT** and has an **SPF 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS** when outdoors, or after swimming or sweating.



## SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.

Every year, 1.5 million Americans will develop skin cancer, and one person dies from melanoma, the most serious form of skin cancer, every hour.



## CHOICE OF SUNSCREENS:



### CHEMICAL SUNSCREEN

Chemical sunscreen **WORKS AS A SPONGE**, absorbing the sun's rays.

Look for one or more of the following active ingredients: **OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE** and **OCTINOXATE**.

This formulation tends to be **EASIER TO RUB INTO** the skin without leaving a white residue.

If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at **SpotSkinCancer.org**.

## Special Considerations for Children Under 6 Months



- » Keep babies under 6 months out of direct sunlight.
- » When possible, dress the infant in lightweight long pants, long-sleeved shirt and a brimmed hat.
- » Clothes should have a tight weave (light does not show through when held up to light).
- » Apply sunscreen to small areas of the body, such as face and backs of hands, if protective clothing or shade is not available.

### Now that you have it, USE IT RIGHT

- » Always apply generously. Pay attention to areas not covered by clothing. Ideally an average adult should be using **1 ounce** of sunscreen and reapplying a minimum of every two hours.
- » Check expiration date, if available. Generally sunscreen is good at least two to three years, but needs to be shaken to redistribute properties.
- » While spray sunscreens are generally not recommended, if you do use them, avoid inhaling them by keeping them away from your face, instead spray the sunscreen into your hand and then apply.

# What to Watch For

ABCDE rule helps distinguish a normal mole from melanoma (the most dangerous form of skin cancer).



Symmetrical



Asymmetrical

## ASYMMETRY

One half does not match the other half.



Borders are even



Borders are uneven

## BORDER IRREGULARITY

The edges are ragged, notched or blurred.



One color



Multiple colors

## COLOR

The pigmentation is not uniform. Different shades of tan, brown or black, sometimes white, red or blue.



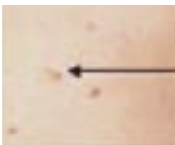
Smaller than 6mm



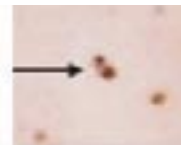
Larger than 6mm

## DIAMETER

While melanomas are usually greater than 6mm in diameter when diagnosed, they can be smaller.



Ordinary mole

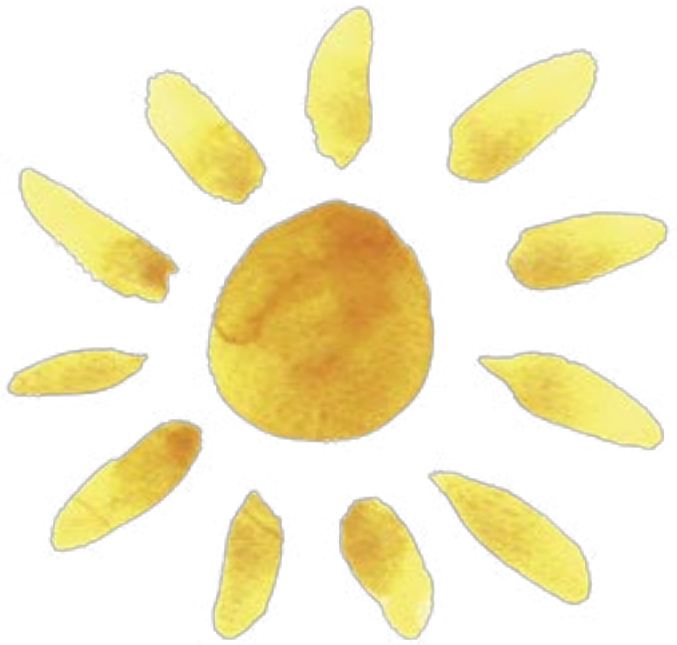


Changing in size, shape and color

## EVOLVING

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

**Get your skin checked yearly with your annual physical or attend a local skin cancer screening. If you have any of the features above, contact your health care provider.**



## UV Index

The National Weather Service and the Environmental Protection Agency developed the UV Index. It provides a forecast of the expected risk of overexposure to UV rays and indicates the degree of caution you should take when working, playing or exercising outdoors.

Ultraviolet Radiation Index Number	
US Weather UV Index	Exposure Level
0-2	Minimal
3-4	Low
5-6	Moderate
7-8	High
9-10+	Very High



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