

Summer Sun Safety Tips

Whether you've got a vacation coming up or you're simply planning on spending time in the sunshine at home this summer, we've got you covered - literally. **Protect your skin from the sun and keep it healthy with sun safety tips and recommendations from NorthShore University HealthSystem.**



60%

of adults reported being sunburnt in the past year.

Brought to you by:



1oz

of sunscreen should be applied to your **entire body**. That's enough to fill a shot glass.

Reapply the same amount every 2 hours.

Only **broad-spectrum** sunscreens of SPF **15+** can protect skin from UVA & UVB rays.



The sun's rays are their strongest from

10AM-4PM

Limit your time in the sun during these hours.



Sunscreen expires within

2-3 years

but your bottle shouldn't last for that long. A family of 4 should use an entire bottle of sunscreen during a long weekend.

It only takes

10 mins

for a baby's skin to burn, but sunscreen isn't safe for infants under 6 months. **Keep babies out of the sun!**



30 mins

is the **average time it takes for sunscreen to soak into skin** and work effectively.



You still need sunscreen on a cloudy day.

80% of the sun's rays can pass through clouds and fog.

There is no SPF with 100% protection.

SPF 15 blocks out 93% of UVB rays,

while **SPF 30 blocks out 97%.**



Sunscreen is only

1 level

of defense. **Add wide-brimmed hats, protective clothing and sunglasses for more coverage.**



The risk of melanoma is

75%

higher for those **who used tanning beds before the age of 35.**

Water-resistant sunscreen isn't water-resistant forever. **You need to reapply after only**

80 mins

in the water.



Sources

www.northshore.com

www.webmd.com

www.cdc.com

www.skincancer.org