Why Protect Against Exposure?

Ultraviolet radiation can damage the body and even lead to death. Radiation emitted by the sun is generally strongest from 10 AM to 4 PM year round, and is stronger in the summer than other seasons. There are two bands of ultraviolet radiation (UV-A & UV-B) emitted by the sun that cause adverse health effects in humans, such as:

<table>
<thead>
<tr>
<th>Eye(s)</th>
<th>Skin</th>
<th>Immune System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cataracts</td>
<td>Sunburn (erythema)</td>
<td>Depressed local and systemic</td>
</tr>
<tr>
<td>Solar Retinitis</td>
<td>Skin cancer</td>
<td>immune response.</td>
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<tr>
<td>Cystoid Macular Edema</td>
<td>Skin aging and wrinkles</td>
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<tr>
<td>Senile Macular Degeneration</td>
<td>Photosensitization</td>
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<tr>
<td>Snow Blindness</td>
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Depressed local and systemic immune response.
Protect Yourself

-Five ways to protect against exposure to UV radiation from the sun-

1st Protective Measure:
Seek the Shade
Protect Yourself

2nd Protective Measure:

Cover Up With

- A full brim hat (avoid hats with holes that allow sunlight through…e.g. straw hat)
- Long sleeve shirt designed for sun protection & to keep you cool
- Pants or longer shorts
- Socks & shoes (or equivalent coverage)
Protect Yourself

3rd Protective Measure:

Wear Sunglasses

That provide 99 to 100% UVA and UVB protection.
Protect Yourself

4th Protective Measure:

Use Sunscreen $\geq$ SPF 15

Apply as directed by manufacturer.
5th Protective Measure:

Stay indoors between 10 AM and 4 PM
Keep in Mind

Your exposure to UV radiation can be increased as it reflects off of:

- Water
- Sand
- Snow
- Concrete
- Etc.

Cloudy skies can provide a false sense of protection. Up to 80% of the sun's rays can pass through clouds.
Preventive Measure

- Periodically check your skin for signs of cancer -

What to look for (3 types of skin cancer):

<table>
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<th>Basal Cell Cancer:</th>
<th>Squamous Cell Carcinoma:</th>
<th>Melanoma:</th>
</tr>
</thead>
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<td>• Often appears as small raised bump with smooth pearly appearance; or • May look like a scar, lesion, or sore that does not heal.</td>
<td>• Often appears as a firm red bump. • Sometimes it may feel scaly, bleed, or develop a crust.</td>
<td>• Dark brown or black patch with irregular borders. (affects cells that give your skin color) • Linked to a change with your moles.</td>
</tr>
</tbody>
</table>

Most common type of skin cancer.

May spread throughout the body if not treated.

The most serious type of skin cancer, but less prevalent. Causes 79% of skin cancer deaths. Can spread throughout the body.

See a doctor if you suspect that you have developed skin cancer.
-End-