



Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

Sunscreen

Sunscreen is an important part of sun safety but sunscreen alone isn't enough to keep you safe from the sun. When used as directed, sunscreen is proven to decrease your risk of skin cancer and help prevent premature skin aging. Look for the following when choosing a sunscreen:



- **Broad spectrum:** Protects your skin from both UVA and UVB rays.
- **SPF 30 or higher:** Necessary for extended outdoor activities, including distance running, hiking, swimming and outdoor sports. SPF 30 is a must if you work outdoors.
- **Water resistant and very water resistant:** Sunscreens labeled water resistant are tested to be effective for up to 40 minutes of swimming, while very water resistant sunscreens stay effective for up to 80 minutes in the water.

The 5 W's of Sunscreen

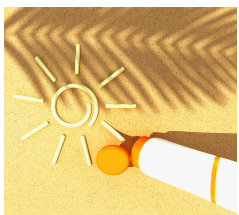
WHO: Everyone

WHAT: Broad spectrum SPF 15 or higher; SPF 30 or higher for a day outdoors

WHEN: Every day; 30 minutes before going outdoors. Reapply every 2 hours

WHERE: All exposed skin

WHY: Reduce your risk of skin damage and skin cancer!



Source:www.skincancer.org

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

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Eye Protection

Wear sunglasses year-round. Sun damage to the eyes can occur any time of year. Adults and kids should wear sunglasses year-round.



Choose shades: that block 99 to 100 percent of both UVA and UVB light.

Wear a hat: Choose a hat with at least a three-inch brim and tightly woven fabric (no holes) to protect your face and the top of your head.

Be aware of clouds: The sun's rays can pass through haze and clouds, so eye protection is important even when there is cloud cover.

Take care near water, snow and sand: 80 percent or more of the sun's rays reflect off of these surfaces, so that they hit your eyes and skin a second time.

Seek shade: Whenever possible, especially during times when the sun is most intense (typically 10 AM – 4 PM).



Sun Protective Clothing

Color: Dark or bright colors keep UV rays from reaching your skin by absorbing them rather than allowing them to penetrate.

Construction: Densely woven cloth, like denim, canvas, wool or synthetic fibers, are more protective than sheer, thin or loosely woven cloth.

Fit: Loose-fitting apparel is preferable. Tight clothing can stretch and reduce the level of protection offered.

UPF: Some clothing makers provide UPF labels, which indicate exactly how much of the sun's rays the garment can shield.

Coverage: The more skin your outfit covers, the better your protection. Choose long-sleeved shirts and long pants or skirts.



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