



Play Safe in the Sun!



Avoid Harmful Rays

The summer is a great time to play and work outside. But be sure you stay safe under the sun. Water, grass and sand reflect light, so you might be getting a double dose of radiation on the beach or while playing ball. These exposures can lead to an increased chance of getting skin cancer.



UV radiation is made of rays of ultraviolet light. Our eyes cannot normally see it. It comes from the sun in waves. Different

waves have different effects. Too much exposure can increase the risk for skin cancer, harm the immune system, cause cataracts and make the skin age quicker. UVA waves is the radiation that ages the skin and causes it to wrinkle. UVB waves causes sunburn. Both kinds can cause skin cancer (melanoma). Even when the sky is cloudy, it is important to be careful. UV radiation can reach the Earth even through the clouds.

Getting sunburned is especially dangerous. If children get one or two bad sunburns the chance of

getting skin cancer when they are adults doubles.

Pale-skinned people are in more danger than dark-skinned people for getting skin cancer. However, dark skinned people should still use sunscreen because they are not completely protected from the sun's harmful rays. Both dark and light-skinned people should wear sunglasses. Unlike skin color, dark eye color does not protect you from the sun's rays.

Summer Safety Tips

- * Avoid the sun from 10:00 a.m. to 4:00p.m. Noon is the very worst time to be outside.
- * Stay in the shade as much as possible.
- * Wear sunscreen. Make sure your sunscreen is at least SPF 15. (SPF = "Sun Protection Factor.")
- * Stay away from sunlamps and tanning beds. These give off dangerous UV rays also.
- * Wear protective clothing. Wear loose, long-sleeved shirts and pants. Light colors are better. They reflect the sun's rays back to the sky and keep you cool.
- * Wear hats that protect your face. Make sure that it has a wide brim.
- * Wear sunglasses. The darker the lenses the better. Large lens also protect more of your eyes. The label on the sunglasses should say that they block 99 to 100 percent of both UVA and UVB rays.



What is the UV Index?

The ozone layer shields the Earth from harmful UV radiation. Ozone depletion, as well as seasonal and weather variations, causes different amounts of UV radiation to reach the Earth at any given time. The UV Index is a daily forecast of the UV radiation levels people might experience. The Index predicts the next day's levels on a 0 to 10+ scale, helping people determine appropriate sun protection behaviors.

An easy way to tell how much UV exposure you are getting is to look for your shadow. If your shadow is taller than you are (in

the early morning and late afternoon), your UV exposure is likely to be low. If your shadow is shorter than you are (around midday), you are being exposed to high levels of UV radiation. Seek shade and protect your skin and eyes.

Don't forget that water, sand, pavement, and grass reflect UV rays even under a tree, near a building, or beneath a shady umbrella. **Remember that UV exposure is especially strong if you are working or playing between the peak hours of 10 a.m. and 4 p.m.**

Berrien County Health Department:

Preventing Disease, Prolonging Life and Protecting the Health of the Community.



SUMMER SAFETY

This concludes May, Summer Safety Month. The Berrien County Health Department has provided you information throughout the month on summer health issues such as Lyme disease, melanoma or skin cancer detection and prevention, recreational water illness prevention, boater safety, etc. For more information on any of these topics, please call the health department at 926-7121. Happy Summer!

What to do for a Sunburn

1. Take a cool bath or apply a cool, wet washcloth to the burn.
2. If the pain is bad or there are blisters see a doctor. Sometimes blisters do not show right away so check the painful area frequently.
3. DO NOT put ice on the burn.
4. DO NOT put ointments or butter on the burn. These can block sweating, which is important.
5. DO NOT use sprays and creams that list "benzocaine" or other anti-itch medications as these may cause allergic reactions.
6. Once the sunburn starts peeling, you can apply a moisturizing cream. Look for creams that list Hydrocortisone 1% as an ingredient.

**Rule #1:
Don't Get
Sunburned!**

The Berrien County Health Department has five locations to serve you:

Benton Harbor	M-139 Office	School Based	Niles	Three Oaks
769 Pipestone	M-139 Office	School Based	1205 N. Front St.	21 N. Elm
P.O. Box 706	2106 S. M-139	870 Colfax Ave	684-2800	756-2008
926-7121	927-5623	925-4500		

Or visit us on the web at www.berriencohthdept.org

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