

# SUN AWARENESS

## UV Index Scale



### HOW TO PREVENT SUNBURN!

- Avoid Midday sun
- Avoid sun between 11-3pm and stay in the shade as much as possible
- Be aware of reflected light
- Be sure to use sunscreen and remember to reapply often
- Examine your skin regularly
- Keep hydrated

### Extra Protection:

#### - Sunglasses

Wear these to stop glare and protect your eyes from the UV rays



#### - Seek Shade

At the hottest part of the day, usually between 11-3pm



#### - Wear a Hat

To prevent burning and heat stroke



#### - Keep Hydrated

Drink around 6-8 glasses a day



#### - Keep Covered

With lightweight and light coloured clothes



### Does sunburn have long term effects?

A number of studies have confirmed that repeated sunburn substantially increases the risk of Melanoma (the most deadly form of skin cancer). This is especially true for childhood sunburns because there is more time and opportunity for subsequent sun damage to lead to fully malignant Melanoma.

### ABCD's of Melanoma

**A**symmetry - One half of the mole doesn't match the other half.  
**B**order Irregularity - Edges of the mole are ragged, notched or blurred.  
**C**olour - Not uniform shades of tan, black red and blue.  
**D**iameter - More than 6 millimeters

### Heat Stroke:

Also known as Hyperthermia is a severe case of sun burn caused by UV exposure that inflames your skin. Symptoms of heat stroke include; red and blistering skin, pain and tingling, swelling, headache, fever and chills, nausea dizziness and dehydration.

#### Treatment of Heatstroke (Hyperthermia)

Firstly get the person to rest in a cool place - ideally a room with air conditioning or somewhere in the shade.

Get them to drink fluids this should be water or a rehydration drink, such as a sports drink; they should stop taking fluid on board once their symptoms have significantly decreased (usually within 2-3 hours).

Avoid alcohol or caffeine because they can increase levels of dehydration.

Use cool water (not cold) on their skin - if available, use a cool shower or bath to cool them down, otherwise apply a cool, wet flannel or facecloth to their skin.

Loosen clothing and ensure the person gets plenty of ventilation.

### How do I treat sunburn?

First degree sunburns cause redness and may possibly peel. These can be painful and treated with cool baths, moisturizers and over-the-counter hydrocortisone creams. Aspirin taken orally every 4-6 hours may lessen early development of sunburn. Second degree burns blister and can be considered a medical emergency if a large area is affected. If the burn is accompanied by headache, chills or fever, seek medical attention. Be sure to protect your skin from the sun while any sunburn heals.

### UVA Rays: -

Penetrate deep into the skin. Cause: Premature ageing and skin cancer.

### UVB Rays: -

The sun's burning rays. Cause: Sun burn and skin cancer.

### UVC Rays: -

Deadly to plants and animals, the ozone layer absorbs UVC rays. Will cause: skin cancer and eye damage

### What kind of Sunscreen should I use?

Choose a sunscreen of an SPF of at least 15. If you are fair skinned and burn easily use a sunscreen of an SPF of at least 30. Make sure that the sunscreen is labelled for protection against both UVA and UVB rays. Select a waterproof sunscreen if you are going to be in the water.

### When, How much and How often?

Sunscreen should be applied to the skin 15-30 minutes before going out. It should take approximately 2 tablespoons to cover all of the exposed areas. Reapply sunscreen every 60-90 minutes even if the label states longer.

