

# 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.**



Brought to you by:



## 60%

of adults reported being sunburnt in the past year.



## 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 15+** sunscreens of SPF 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

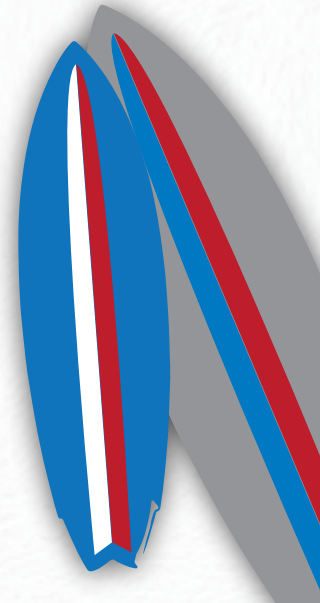
## 10 mins

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.



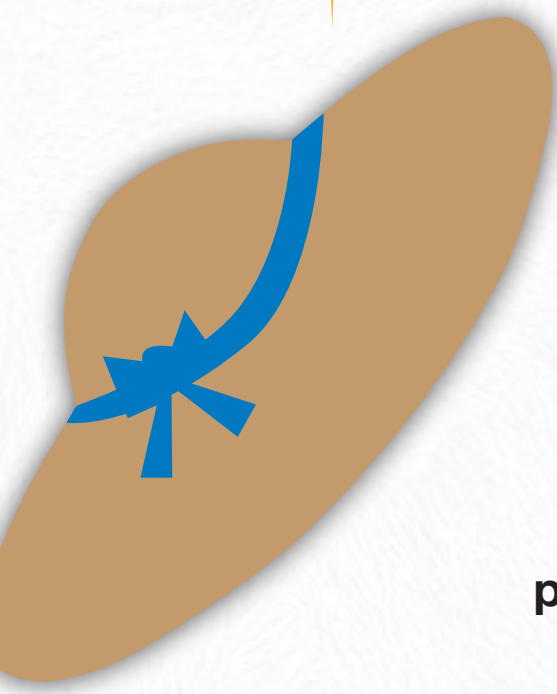
You still need sunscreen on a cloudy day.

## 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

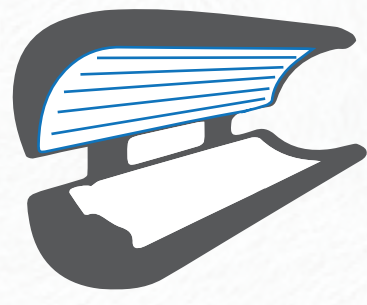
## 97%.



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.org](http://www.northshore.org)

[www.webmd.com](http://www.webmd.com)

[www.cdc.gov](http://www.cdc.gov)

[www.skincancer.org](http://www.skincancer.org)

