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.

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.

15+ sunscreen should be used by those who used tanning beds before the age of 35.

The sun’s rays are the 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
www.webmd.com
www.cdc.gov
www.skincancer.org

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