

Sunlight and Ultraviolet Exposure

We need the sun for its light and warmth, but the sun's ultraviolet (UV) radiation can cause damage to our skin and eyes—even when it's cloudy or overcast.

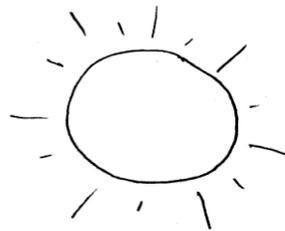
What Damage Does UV Exposure Cause?

The short-term results of unprotected exposure to UV rays are tanning and sunburn. A **sunburn** causes skin redness, tenderness, pain, and in some cases, swelling and blistering. Symptoms of more serious sunburn include fever, chills, upset stomach, and confusion. If these symptoms develop, see a doctor. The long-term effect of sunburn is more serious.

UV Exposure

UV exposure that is intense enough to cause sunburn clearly increases a person's risk of developing skin cancer. UV exposure can increase skin cancer risk even without causing sunburn.

UV rays, the ones that do damage, go right through clouds, so it is possible to get sunburned even on overcast days. Water is reflective, bouncing UV rays up to zap you in areas that you think are shaded.



Infants and children have the most delicate skin and the most years ahead of them to receive cumulative damage.

Sun Safe Tips

- ✓ Wear tightly woven, loose fitting clothing
- ✓ Wear a wide-brimmed hat or visor
- ✓ Read labels! Use sunglasses that provide both UVA and UVB protection
- ✓ Stay away from the midday sun—especially from 10:00 a.m. and 4 p.m.—when the sun's rays are the strongest
- ✓ Find shade, trees or physical structures, between 10:00 a.m. and 4 p.m.
- ✓ Apply sunscreen with a SPF of at least 15 about 20 minutes before sun exposure
- ✓ Reapply every 2 hours and after sweating & swimming
- ✓ Apply sunscreen beginning at 6 months of age
- ✓ Keep infants under 6 months of age out of direct sunlight and in the shade

Treating a Sunburn

You may not immediately see the effects of overexposure to the sun. It may take up to 24 hours before the full damage is visible.

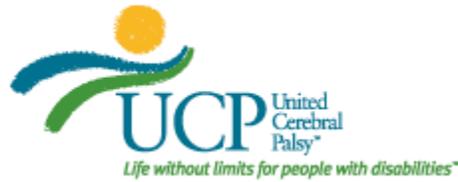
First degree sunburns cause redness and will heal, possible with some peeling, within a few days. These can be painful and are best treated with cool baths, bland moisturizers and over-the-counter hydrocortisone creams. Avoid "caine" products (such as benzocaine) which may cause sensitivity. Aspirin taken orally may lessen early development of sunburn.

Second degree sunburns blister and can be considered a *medical emergency* if a large area is affected. When a burn is severe, accompanied by a headache, chills or a fever, seek medical help right away.

Be sure to protect your skin from the sun while it heals!

Skin Cancer

One in every five Americans will develop skin cancer in their lifetime. It may or may not cause death, but it can be painful and disfiguring. Skin cancer is one of the most preventable forms of cancer when some or all the sun safety tips are followed.



Information supplied by:

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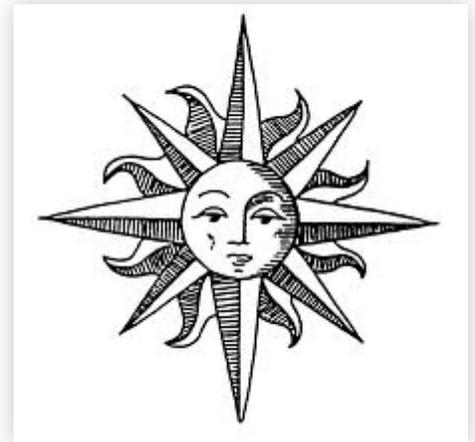


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Sun

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