

# Sun Safety

## Why do I need to protect myself from the sun?

The sun emits ultraviolet (UV) rays that can penetrate and change the structure of skin cells. There are three types of UV rays: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC).

## Protect yourself from UV rays

- Avoid outdoor activities during midday (10am – 4pm)
- Wear protective clothing (long pants, long-sleeved shirt, wide-brimmed hat)
- Wear eye protection (wraparound sunglasses that provide 100% UV ray protection)
- Wear sunscreen and lip protection (at least SPF 15)
- Seek shade

## Effects

UV exposure can lead to the development of skin cancer, including melanoma, and lip cancer. UV rays have also been associated with various eye conditions such as cataracts.

## The UV Index

The UV Index was developed by the National Weather Service and the EPA to provide a forecast of the expected risk of overexposure to UV rays and the degree of caution that should be taken when working, playing, or exercising outdoors. The UV Index works on a scale of 0 to 10+:

Index Number	Exposure Level
0-2	Minimal
3-4	Low
5-6	Moderate
7-9	High
10+	Very High

## Additional information

- [www.epa.gov/sunwise](http://www.epa.gov/sunwise)
- [www.epa.gov/ozone/uvindex/uvover.html](http://www.epa.gov/ozone/uvindex/uvover.html)
- [www.cdc.gov/chooseyourcover/qanda.htm](http://www.cdc.gov/chooseyourcover/qanda.htm)