

SUN BURN PROTECTION

All of us enjoy the great outdoor look of a "healthy tan". Unfortunately, all too often we get sun burned from ultra violet rays and damage our skin. The risk of damage increases with the amount and intensity of exposure. Damage increases with the amount and intensity of exposure. Damage can be both immediate and delayed. Immediate effects are pain, redness, blistering and even chills, fever and fainting. Delayed effects include discoloration, thickening, wrinkling and skin cancers. Even on overcast days, ultraviolet rays travel through the clouds and reflect off sand and water. Take the following steps to protect your skin from damage:

1. Wear light colored clothes and a hat.
2. Use a sunscreen with SPF (Sun Protection Factor) of at least 15, and reapply it every 2 hours or more if swimming or perspiring.
3. Avoid the strongest rays of the day (10:00 AM- 3:00 PM) when possible.
4. If you get sunburned:
5. Apply cool wet compresses to skin.
6. Do not use grease containing products, because they prevent excess heat from escaping.
7. Get out of the sun!

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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