

SUNSCREEN FACTS

Eagle View Community Health System

The Truth on Sunscreen



Sunscreens are chemical agents that help prevent the sun's ultraviolet rays from penetrating the skin.



SPF or sun protection factor, measures the ability of the sunscreen to block UVB rays from damaging the skin.



SPF 15 blocks 93% of incoming UVB rays. SPF 30 blocks 97% while an SPF of 50 blocks 99%.



Any person over the age of 6 months should use sunscreen daily. A child under the age of 6 months should not be exposed to the sun.



Use at least 1 ounce of sunscreen every time you apply (equal to approximately 1 shot glass full).

Clothing and SPF



Clothing provides a UPF rather than an SPF. UPF stands for Ultraviolet Protection Factor and it measures how much of the UV radiation is absorbed.



Light colored, lightweight, and loosely worn fabrics do not provide adequate protection (UPF 7).



A dark, denim long-sleeved shirt provides a UPF of approximately 1,700.



Dark color fabrics block UV rays better than light colored fabrics.



A good way to test the protection offered by each piece of clothing is to hold it up to a light and if you can see through it, it won't provide sufficient coverage.



Sun protection fabrics must have a UPF of 30.

Information listed from: <http://www.skincancer.org>.