SUMMERTIME AND TANNING IS EASY, UNLESS YOU ARE AMONG THE MILLIONS OF PEOPLE WHO BURN AFTER ONLY A FEW MINUTES IN THE SUN. THE ONLY CERTAIN WAY TO AVOID SUNBURN IS TO STAY IN THE HOUSE. BUT WHEN IT’S FUN IN THE SUN YOU’RE AFTER, SUNSCREEN IS ESSENTIAL.

WHAT CAUSES SUNBURN?
Sunburn is caused by a type of ultraviolet (UV) light known as UVB, which can lead to skin cancer.

While UVB is still responsible for much of the skin damage caused by sunlight, especially sunburn, another ultraviolet light - UVA - may be an important factor in other types of sun damage.

The role of sunscreens is to absorb, reflect or scatter damaging UV rays before they have a chance to interact with the skin. Most sunscreens do a good job blocking UVB but fewer filter UVA. When protecting your skin, you need a product to block both UV A and UVB rays.

WHAT IS SPF?
Protection is a combination of skin type and length of time spent in the sun. This will tell you what SPF (sun protection factor) sunscreen will best protect you from sunburn.

A sunscreen with an SPF of 10 should let you stay in the sun 10 times longer than you could without sunscreen. That means if you burn in 15 minutes, you should be able to stay out 150 minutes (2.5 hours) without burning. Even with that rule of thumb, experts warn to reapply sunscreen every 60-90 minutes or after being in the water.

Follow the Directions
In order to work efficiently, sunscreens must be used as directed:

• Use 1 ounce of sunscreen, about enough to fill a shot glass, to properly cover the exposed areas of your body.
• Apply sunscreen on all parts of your skin exposed to the sun, including the ears, back, shoulders, the backs of your knees and legs, and your feet. Don’t forget your face, but be careful when applying sunscreen around the eyes so that you do not irritate them. And use a lip balm with sunscreen.
• Reapply as often as directed, especially if you’re going in and out of the water or sweating a lot. Even water-proof sunscreen will wash off, and all sunscreen will rub off.

Resource

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