

Take This Sun Safety Quiz!

Summer is here! We want staff and children to enjoy the sun safely. Have you thought about putting sunscreen on your children to protect them from sun damage? Check your sun safety knowledge with these 6 questions:

QUESTIONS:

1. How long does it take to get sun damage on skin?
2. **TRUE or FALSE:** A baby under 6 months old should get some sunlight so they can have enough Vitamin D
3. What does "SPF" mean?
4. How much sunscreen should be used and how often should it be applied?
5. **TRUE or FALSE:** If it's cold or cloudy outside, you don't need sunscreen.
6. What is a healthy tan?

ANSWERS:

1. As little as 15 minutes (Resource: http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

2. **FALSE.** Babies under 6 months of age should never be exposed to the sun. Babies older than 6 months should be protected from the sun, and wear UV-blocking sunglasses to protect their eyes. (Resource: skincancer.org)

3. Sunscreens are rated according to their effectiveness by the Sun Protection Factor (SPF). A product's SPF number helps determine how long the product will protect you before you need to reapply it - how long you can stay in the sun without burning. For example, you may normally burn in 20 minutes. If you apply an SPF 15 sunscreen, you'll be protected for about 300 minutes, or 5 hours (SPF 15 x 20 minutes = 300 minutes). A person with lightly-pigmented skin who burns in 10 minutes would be protected for only about 2 ½ hours with SPF 15 (SPF 15 x 10 minutes = 150 minutes). (Resource: americanskin.org)

4. To ensure that you get the full SPF of a sunscreen, you need to apply 1 oz. Studies show that most people apply only half to a quarter of that amount, which means the actual SPF they have on their body is lower than advertised. During a long day at the beach, one person should use around one half to one quarter of an 8 oz. bottle. Sunscreens should be applied 30 minutes before sun exposure to allow the ingredients to fully bind to the skin. Reapplication of sunscreen is just as important as putting it on in the first place, so reapply the same amount every 2 hours. Sunscreens should also be reapplied immediately after swimming, toweling off, or sweating a great deal.

5. **FALSE.** Up to 40 percent of the sun's ultraviolet radiation reaches the earth on a completely cloudy day. This misperception often leads to the most serious sunburns, because people spend all day outdoors with no protection from the sun. (Resource: skincancer.org)

6. There is no such thing as a healthy tan, according to dermatologists, who look at a tan and see a sign of injury. Tanned skin will forever contain cells whose genetic structures have been permanently damaged by the sun. (Resource: americanskin.org)