



Sun Protection...What You Need to Know

Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation. UV rays can be very dangerous to the skin and eyes. Not only do UV rays cause sunburns, they can also penetrate and change the structure of skin cells, eventually leading to cancer. UV rays reflected from snow or white sand can also burn your eyes. Just as repeated exposure of the skin to UV rays can cause skin cancer, repeated exposure of the eyes to UV rays can eventually cause eye diseases like cataracts.

Because UV rays can be dangerous, it is very important to protect yourself from the sun. The best way to do this is to stay out of the direct sun if possible (especially between 10 am and 4 pm when sun is the most intense). If you must be in the sun...

- Cover as much skin as possible
- Wear sun screen of SPF 15 or above on exposed skin
- Wear a brimmed hat to protect your eyes and face
- Wear sunglasses with UV protection and with wrap-around coverage.

Please click the links below for more information:

[UV Radiation Protection Guidance \(Power Point Presentation\)](#)

[Sun Protection Poster](#)

[Sun Protection Smart Card](#)

[USACHPPM Fact Sheet – UV Radiation Protection](#)

[Find the Current UV Index Anywhere in the World](#)

[CDC Sun Protection Site](#)

[Hooah 4 Health Sun Protection Site](#)

[Other Sun Protection Links](#)