



## **St. Lawrence County Public Health Department**

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### **Press Release**

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FOR IMMEDIATE RELEASE

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### **Public Health Wants Residents to be Sun Safe this Summer**

**Canton, NY**—With summer weather finally here, we need to protect ourselves from the sun's strong rays. While exposure to the sun is enjoyable, too much can be dangerous. Overexposure to the ultraviolet (UV) radiation from the sun can result in painful sunburns. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, eye damage, and immune system suppression. Thankfully, you can still enjoy your time in the sun while protecting yourself from overexposure by:

- Wearing sun glasses that block both UVA & UVB rays
- Using a broad spectrum sunscreen with an SPF of 15 or higher
- Reapplying sunscreen every 2 hours and after swimming, sweating, or toweling off
- Trying to stay in the shade between 10am – 4pm
- Wearing light clothing that covers your arms and legs

It is recommended to use a sunscreen with an SPF of 15 for regular day-to-day outdoor activities. For prolonged outdoor activity like gardening or spending the day at the beach, look to use a sunscreen with an SPF of 30 or higher for longer protection from the sun.

Using a broad-spectrum sunscreen will provide protection from both UVA and UVB rays. SPF, or Sun Protection Factor, is a measure of a sunscreen's ability to prevent the sun from damaging the skin. If it takes your skin 20 minutes to redden without any sunscreen, using sunscreen with SPF of 15 would protect your skin for 15 times longer—about 5 hours.

UV exposure adds up over time, increasing the risk of developing skin cancer, so sun protection should start at an early age. For more information on ways to stay sun safe, check out our website at:

<https://www.stlawco.org/Departments/PublicHealth/> or call the Public Health Department at 315-386-2325.

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