



## Delaware County Public Health

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## Sun Safety

Skin cancer (which includes melanoma) is the most common form of cancer in the United States. According to the American Academy of Dermatology, one in five children will grow up to get skin cancer. Childhood sunburn is not only painful, but it is also one of the major environmental risk factors for melanomas.

“Targeting children with sun-protection messages is a preventative step that parents can easily comply with,” said Delma Hardin, RN, BSN, DCPH. “We want kids and their parents to remember to Slip, Slop, Slap and Wrap – slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses whenever they go outdoors.”

Sunscreen guidelines for best results include:

- Apply sunscreen approximately 30 minutes before being in the sun.
- Reapply after swimming or strenuous exercise.
- Apply often if you work outside.
- Be sure to apply enough, generally an ounce to cover the entire body.
- Cover all parts of your skin exposed to the sun, don't forget the ears!
- Pick a sunscreen that protects against both UV-A and UV-B with an SPF of at least 15. For children under 6 years, an SPF of 30 is recommended.
- More expensive does not mean better.
- Be aware of expiration dates, some ingredients may degrade over time.

“Avoiding the sun between 10 AM and 4 PM and wearing sun protective clothing are additional ways to prevent sunburn”, reports Ms. Hardin. “Just a few serious sunburns can increase the risk of skin cancer.”

For more information about skin cancer prevention, visit [www.skincancerprevention.org](http://www.skincancerprevention.org).

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