JULY IS
UV SAFETY
– AWARENESS MONTH –

Know Your Numbers

UV Safety Month
UVA/UVB
SPF 30 / 50
Protect Against Skin Cancer

Ultraviolet (UV) light is not visible to humans because it has shorter wavelengths than the light humans can see. There are two types of UV rays which can damage skin cells and lead to skin cancer:

UVA rays cause damage to skin cells which leads to tanning, but also skin ageing and wrinkles; The shortest UVA rays contribute to sunburn
UVB rays cause sunburn and play a key role in developing skin cancer; Sunscreen SPF mainly refers to the amount of UVB protection It is important to use a product which is labeled Broad Spectrum which means it contains ingredients which can protect you from BOTH UVA and UVB rays.

Understanding SPF

The SPF number indicates how long the sun's UV radiation would take to redden your skin. Ideally while using SPF 30 it would take 30 times longer to burn than with no sunscreen.

SPF 30 blocks about 97% of UVB rays

SPF 50 blocks about 98% of UVB rays and 50% more UVB radiation than SPF 30

Sun Protection Guidelines

- Individuals at a higher risk of cancer, genetic, or immune conditions may require sun protection higher than SPF 50.
- Hiking, skiing at high altitude, or vacationing near the equator may require higher SPF
- Don't rely on sunscreen alone, seek shade, cover up with clothing, wear wide brimmed hats; or wear UV blocking sunglasses.
- The Skin Cancer Foundation recommends SPF 30+ for extended outdoor activities; apply one oz. at least 30 minutes before and then re-apply every two hours after sweating or swimming.

Trig's Pharmacy
Your Local Provider

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