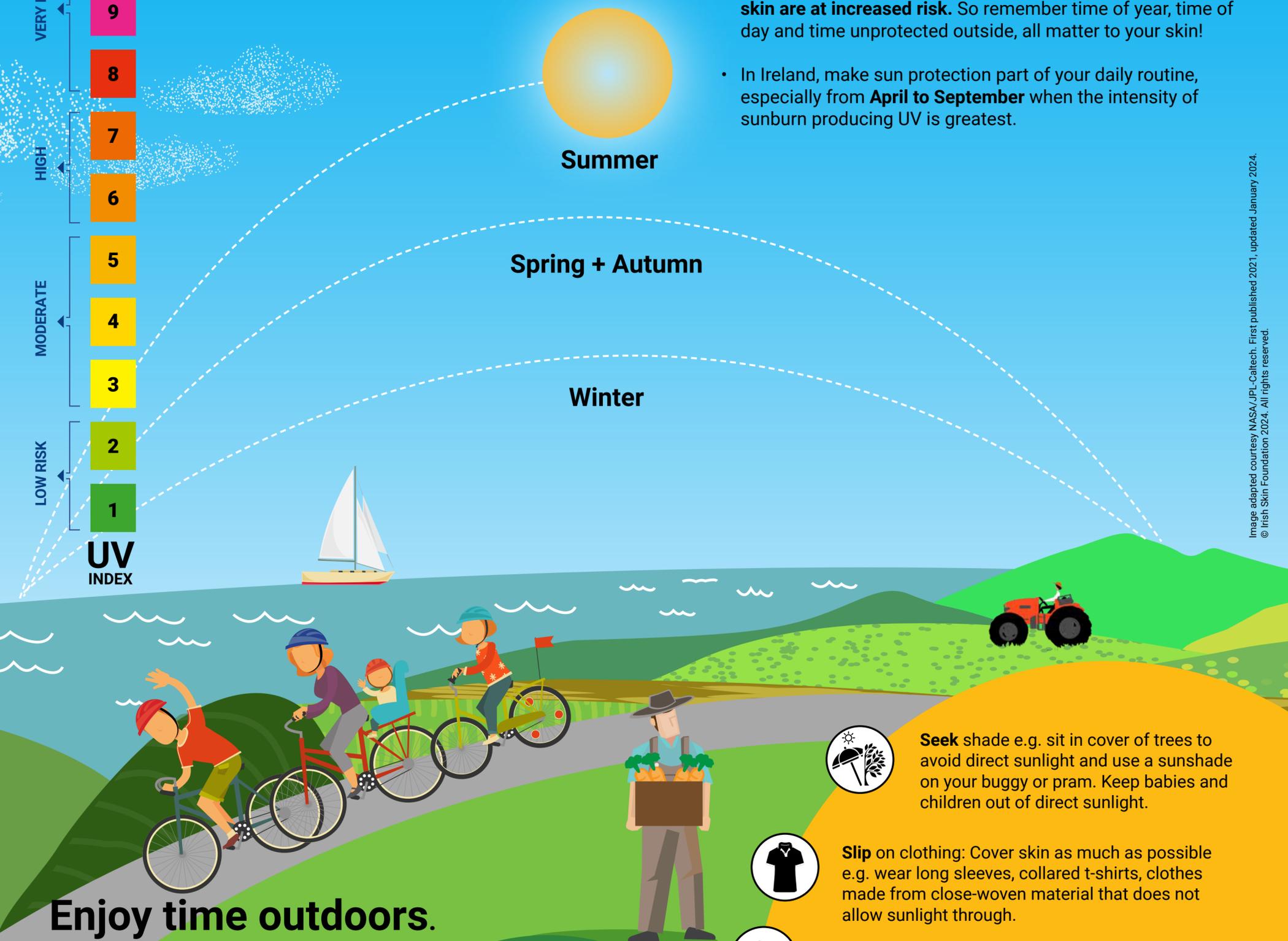


The Sun, Seasons and UV changes

How the time of year, time of day, and time unprotected outside, all matter to your skin!

- Overexposure to ultraviolet radiation (UV) in sunlight can cause **sunburn, skin and eye damage, premature skin ageing and skin cancer***.
- UV rays reaching the Earth are a combination of **UVA** and **UVB**.
- UV rays are present all year round **but levels vary**, depending on things like: your location, time of year, time of day, and weather conditions.
- The higher the Sun in the sky, the greater the intensity of UV rays.

- **UVA** is mostly involved in skin ageing while **UVB** is mainly responsible for sunburn. However, both types of UV are linked to the development of skin cancer.
- Both occasional and chronic UV exposure can be damaging. Frequent exposure, even without burning can increase skin cancer risk, but **sunburn is the most harmful**.
- UV cannot be seen or felt so **we need to defend ourselves against overexposure**. UV damage adds up over our lifetime!
- The UV index measures the UV level at the surface of the Earth. It ranges from 0 -11+; the higher the number, the greater the risk of skin damage, particularly sunburn. **People with fair skin are at increased risk**. So remember time of year, time of day and time unprotected outside, all matter to your skin!
- In Ireland, make sun protection part of your daily routine, especially from **April to September** when the intensity of sunburn producing UV is greatest.



Enjoy time outdoors. Be SunSmart:

Especially from April-September, 11am-3pm, even when it's cloudy!

PROTECT YOUR FAMILY

Babies and young children are particularly vulnerable to the harmful effects of overexposure to the sun.

REMEMBER:

- Do not deliberately suntan.
- Avoid sunbathing/sunburning.
- Never ever use a sunbed!

There is **no safe limit** for exposure to UV from sunbeds.[†]



Seek shade e.g. sit in cover of trees to avoid direct sunlight and use a sunshade on your buggy or pram. Keep babies and children out of direct sunlight.



Slip on clothing: Cover skin as much as possible e.g. wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.



Slap on a hat with a wide (7cm+) brim and a UPF** rating of 50: Protect your face, ears and neck.



Slop on broad-spectrum (UVA/UVB) sunscreen with an SPF of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly.



Slide on sunglasses with UV protection: Guard your eyes from harm.

*Skin cancer is the abnormal, uncontrolled growth of skin cells. Skin cancers are generally divided into two main types: melanoma, and non-melanoma skin cancer (also known as keratinocyte cancer). Non-melanoma skin cancer includes basal cell carcinoma and squamous cell carcinoma.
**Ultraviolet Protection Factor (UPF) indicates how much of the Sun's UV rays (both UVA and UVB) the clothing allows to reach the skin; a higher rating indicates better protection e.g. UPF 50 blocks 98% of the Sun's UV rays, so significantly reducing UV exposure for the skin covered by that fabric.
†Source: SCHEER (Scientific Committee on Health, Environmental and Emerging Risks), Opinion on Biological effects of ultraviolet radiation relevant to health with particular reference to sunbeds for cosmetic purposes, © European Union 2017.

