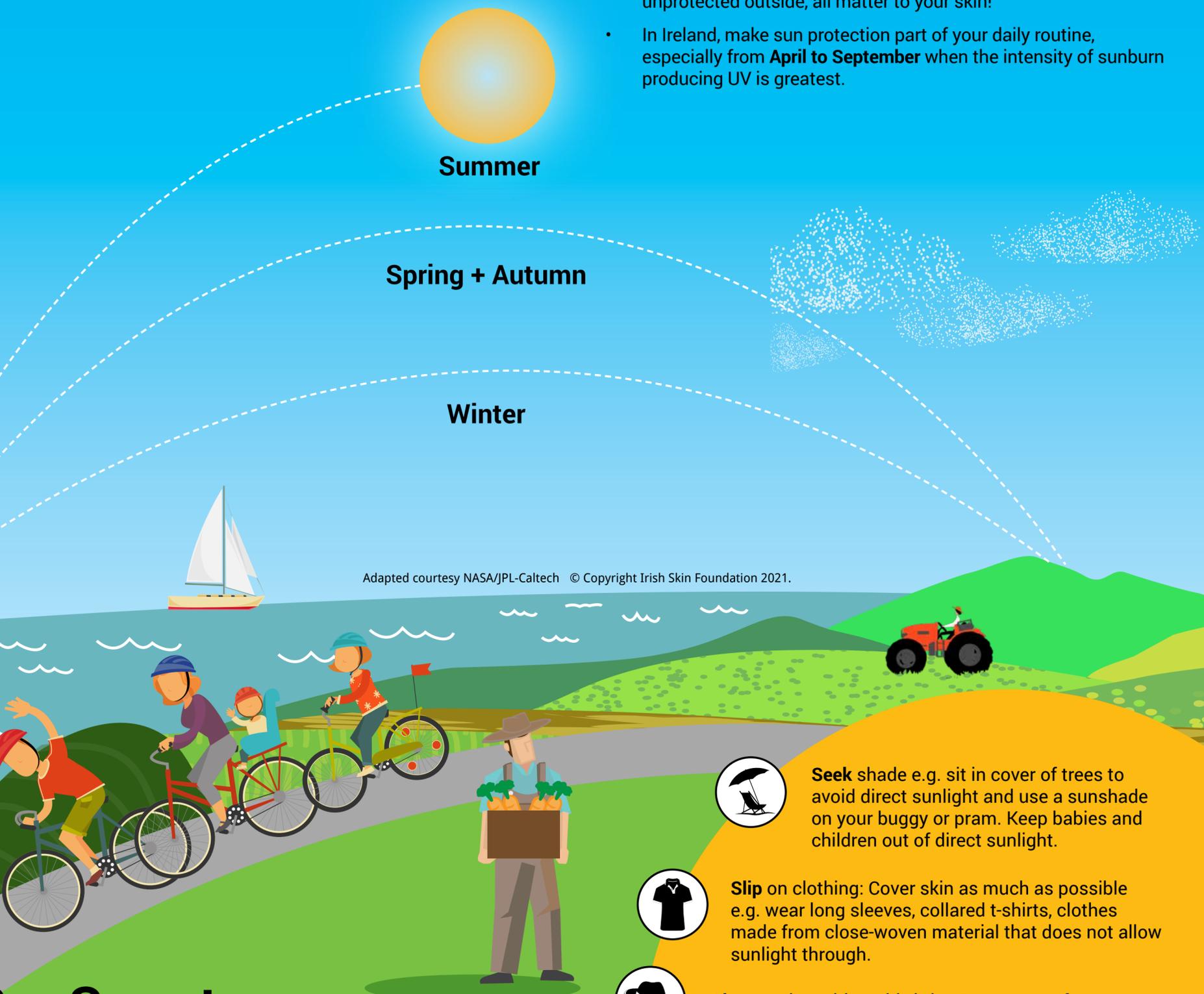
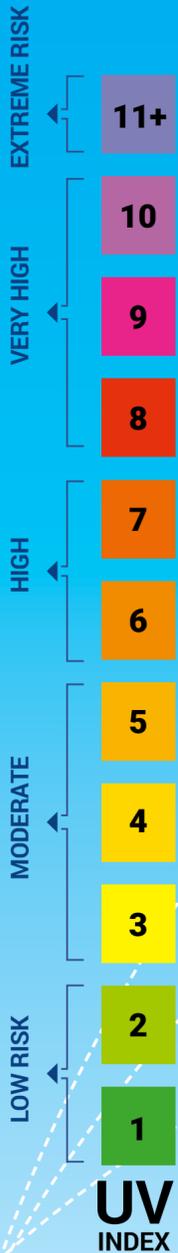


# The sun, seasons and UV changes

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 strength of UVA rays remain relatively consistent during the day, throughout the year, but UVB fluctuates: **the higher the sun in the sky, the greater the intensity of UVB**.

- **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.



Adapted courtesy NASA/JPL-Caltech © Copyright Irish Skin Foundation 2021.

## Be SunSmart

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

### PROTECT YOUR FAMILY

Babies and young children are particularly vulnerable to sun exposure.

### REMEMBER:

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



**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 brim: 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 non-melanoma skin cancers (which include basal cell carcinoma and squamous cell carcinoma), and melanoma.

