

# Important Summer Tips

## CHOOSING THE CORRECT SUNSCREEN

**What's the best way to sort through the details on sunscreens?** There are two types of UV light that can harm your skin — UVA and UVB. A broad-spectrum, or full-spectrum, sunscreen is designed to protect you from both. UVA rays can penetrate deeply into your skin and suppress your immune system. This increases the risk of wrinkling and age spots. UVB rays can burn your skin. Too much exposure to both UVA and UVB rays raises your risk of skin tumors, including a form of cancer called squamous cell carcinoma. The best sunscreen offers protection from all UV light.

**Does the best sunscreen also have the highest SPF?** SPF stands for sun protection factor. This is a measure of how well the sunscreen deflects UVB rays. Currently, there's no standard for measuring UVA protection. Manufacturers calculate SPF based on how long it takes to sunburn skin that's been treated with sunscreen as compared with skin that hasn't been treated with sunscreen. Theoretically, the best sunscreen has the highest SPF number. Many dermatologists recommend using a product with an SPF of 30 or more. However, no one really agrees on a "good" SPF number. A sunscreen with an SPF of 60 might be better than one with an SPF of 30, but not necessarily — and the SPF 60 product isn't likely to be twice as effective as the SPF 30 product. To understand this, remember how sunscreen is typically used. It might not be applied thoroughly or thickly enough, and it might be perspired away or washed off while swimming. All this can make even the best sunscreen less effective than the SPF number on the bottle would lead you to believe.

**Are spray sunscreens better than other types of sunscreen?** You can use sunscreen that comes in any form: spray, lotion, cream, wax stick or powder. Your choice is a matter of personal preference and which area of the body you're covering. If you have dry skin, you might prefer a cream — especially for your face. A gel might work better for areas covered with hair, such as the scalp.

**Which sunscreen ingredients are best?** To ensure broad-spectrum protection, the American Academy of Dermatology (AAD) recommends sunscreens with any of the following ingredients: Avobenzone, Cinoxate, Ecamsule, Menthyl anthranilate, Octyl methoxycinnamate, Octyl salicylate, Oxybenzone, Sulisobenzene. In addition to sunscreens based on the chemicals listed above, you can now choose from a number of mineral-based sunscreens — sometimes referred to as "inorganic." Their main ingredients are zinc oxide and titanium dioxide. Neither one of these seems to penetrate the skin, and sunscreens based on these ingredients appear to be safe as well as effective.

*Submitted by: ORAU*

## SIGNS OF HEAT RELATED ILLNESSES

### Heat Exhaustion

- Heavy sweating
- Fast, weak pulse
- Feeling weak, tired or giddy
- Elevated body temperature
- Cold, pale and clammy skin
- Vomiting/nauseous or fainting



### Heat Stroke

- Confusion or delirium
- Rapid and strong pulse
- Hot, red, dry or moist skin
- Fainting, seizures or unconsciousness
- Elevated body temperature (<103°F)



### Heat Cramp

- Muscle cramping or spasms
- May occur several hours later



## WHAT YOU SHOULD DO

### Heat Exhaustion

- Rest in a shaded, cool area
- Lie down and loosen clothing
- Apply cool, wet cloths to body
- Sip water or electrolyte beverage (Gatorade)
- Avoid carbonated and caffeinated beverages
- If severe, call for an ambulance

### Heat Stroke

- Call for an ambulance immediately
- Rest in a cool area
- Soak in cool water or fan person vigorously
- Do NOT drink fluids

### Heat Cramp

- Drink an electrolyte beverage (Gatorade)
- If symptoms persist, seek medical attention

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