

Sun Safety Tips

The most common cause of skin cancer is sun damage. Ultraviolet rays from the sun cause tanning and burning. Tanned skin is damaged skin, which can lead to dryness, wrinkles, brown spots and skin cancer. **This damage cannot be repaired.**

How to Protect Your Skin from Sun Damage

- Stay out of the sun between 10 AM and 4 PM when the sun's rays are the strongest. Sand, water and the concrete around pools reflect most of the sun's harmful rays into shaded places.
- Apply a sunscreen before going outdoors even in the winter. The sunlight coming through car windows can damage your skin.
- Wear tightly woven clothing such as long-sleeved shirts and pants. If you can see light when holding fabric up to the light, the sun can get in. A wet t-shirt lets in almost as much sunlight as bare skin.
- Wear a tightly woven hat with a brim and sunglasses.
- Do not use tanning beds. The ultraviolet light causes premature aging and increases the risk of skin cancer.
- Certain medicines increase sensitivity to the sun. Avoid being in the sun when taking these medicines.

防晒安全提示

皮肤癌最常见的原因是阳光引起的损害。来自太阳的紫外线晒黑和灼伤皮肤。被晒黑的皮肤是受损害的皮肤，可导致干燥、皱纹、褐斑和皮肤癌。这种损害不能修复。

如何保护你的皮肤免受太阳损害

- 在阳光最强的早上 10 点至下午 4 点之间不要晒太阳。游泳池附近的沙子、水和混凝土会将太阳的大部份有害射线反射进阴凉处。
- 甚至在冬天外出之前时 also 请涂上防晒霜。透过车窗的阳光会损害你的皮肤。
- 请穿质地密实的衣服，如长袖衬衫和裤子。如果你将布料对着光线时能见到光，太阳就能进入。透入一件湿 T 恤衫的阳光几乎和照在裸露的皮肤的阳光一样多。
- 戴一顶质地密实的有边帽子和一副太阳镜。
- 不要使用人工晒肤床。紫外线光会引起提前老化并增加皮肤癌的风险。
- 某些药物会增加对阳光的敏感度。服用这些药物时请避免日晒。

How to Choose a Sunscreen

- Choose a sunscreen with a SPF factor of 15 or higher that also blocks the full spectrum of UVA light. SPF ratings tell you how well the sunscreen shields against UVA rays that burn and damage the skin.
- Avoid products that combine UV and insect protection in one bottle. The sunscreen may be less effective.
- Oil-free products are best for you if you get acne breakouts.
- If a sunscreen causes stinging, itching or a rash, try a fragrance-free formula.
- Cosmetics, moisturizer or make-up foundations with UV protection need a full teaspoon of the product on your face to provide good protection.
- Keep babies younger than 6 months out of the sun. Use a sunscreen made for babies but limit the time in the sun.



How to Use Sunscreen

- Apply sunscreen at least 20 minutes before going outside.
- Use enough sunscreen to cover your body well. Do not forget to apply sunscreen to the nose, neck, tops of feet, rims of ears and the lips.
- Reapply sunscreen every 2 hours when outdoors, even if the label says the sunscreen is water-resistant, sweat-proof or all day protection. Put on more sunscreen when it is windy, after being in the water or after working up a sweat.
- Do not use expired sunscreen.

Check Your Skin

- Check your skin monthly for skin changes. Tell your doctor about new or unusual bumps, spots, blisters or changes in a mole.
- Have your skin checked by a doctor every 3 years before age 40 and yearly after that. People at high risk for skin cancer may need to see their doctor more often.

6/2006. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

如何选择防晒霜

- 请选防晒系数为 15 或更高、同时也能阻隔紫外线整个光谱的防晒霜。防晒系数等级告知你此防晒霜能如何有效遮蔽会灼伤并损害皮肤的紫外线。
- 避免集防紫外线和防虫于一体的产品。这种防晒霜可能不很有效。
- 如果你常发痤疮，不含油脂的产品对你最好的。
- 如果防晒霜引起刺痛、瘙痒或皮疹，请试不含芳香剂的配方型。
- 对于带紫外线防护的化妆品、润肤液或化妆粉底，需要在脸上涂一整茶匙的量才能提供良好防护。
- 不要将不满 6 个月的婴儿置于太阳下。请用婴儿用防晒霜但请限制日晒时间。



如何使用防晒霜

- 在外出前至少 20 分钟时涂上防晒霜。
- 使用足量防晒霜将身体遮盖好。不要忘记将防晒霜涂到鼻、颈、脚背、耳廓和唇上。
- 在户外时，每 2 个小时要再涂一次防晒霜，即使标签说防晒霜防水、防汗或提供全天防护亦须如此。有风时、下水之后或出汗之后请涂更多防晒霜。
- 不要使用过期的防晒霜。

检查你的皮肤

- 每月检查一次皮肤看有无皮肤变化。若有新的或不正常的肿块、斑点、水泡或发现痣有变化，请告知你的医生。
- 在 40 岁之前每 3 年让医生检查一次你的皮肤，在 40 岁之后，每 1 年一次。有皮肤癌高风险者可能需要更经常去看医生。