



Girl Scouts Rock the Mall Sun Safety Checklist

We are hoping for beautiful weather on Saturday, June 9, 2012 at Girl Scouts Rock the Mall! And at the same time, we want everyone in attendance to be sun-safe. There are several steps that you can take to keep your skin safe by limiting your exposure to UV rays during Girl Scouts Rock the Mall.

Cover Up

The clothes that you wear can help to protect your skin. Dark colors generally provide more protection than light colors. A tightly woven fabric protects better than loosely woven clothing. Dry fabric is generally more protective than wet fabric. Be aware that covering up doesn't block out all UV rays, if you can see through your clothing that means the sun can get through. There are new products available, which are used in the washing machine like laundry detergents that can increase the UV protection factor value of clothes you already own. They add a layer of UV protection to your clothes without changing the color or texture.

Use Sunscreen

Sunscreens are available in many forms – lotions, creams, ointments, gels, wipes, and lip balms. The American Academy of Dermatology recommends products with a sun protection factor (SPF) of at least 30. The SPF number represents the level of protection against UVB rays provided by the sunscreen – a higher number means more protection.

Apply Sunscreen Properly and Be Generous

Use about 1 ounce of sunscreen (a palm full) when applying. Pay close attention to your face, ears, hands, arms, and any other areas not covered by clothing. If you're going to wear insect repellent or makeup, put on the sunscreen first. For best results, most sunscreens must be reapplied at least every 2 hours (time that the SPF is tested to be valid) and even more often if you are sweating, so don't forget to bring the sunscreen with you! All sunscreens wash, rub, or sweat off, so there really is no such thing as "waterproof" sunscreen.

Wear a Hat

A hat with at least a 4-inch brim all around is great because it protects areas such as the ears, eyes, forehead, nose, and scalp that are often exposed to intense sun. Skin cancer occurs most commonly on the nose and ears so remember to cover up your face from direct sunlight.

Wear Sunglasses

The ideal sunglasses should block 99% to 100% of UVA and UVB radiation.

Medication

Medications like antibiotics can increase your skin's sensitivity to the sun. Before coming to Girl Scouts Rock the Mall, talk to your doctor about any medication you are taking and any additional precautions you will need to take on June 9.

(Source: American Cancer Society)

The Girl Scout Sun Safety Tips are brought to you by the Purple Promise Foundation, <http://www.purplepromise.org>, <https://www.facebook.com/purplepromise.org>, http://twitter.com/#!/purple_promise

