

Shining the Light on Skin Care



Prevent getting skin cancer by shielding yourself from the sun. There are two kinds of harmful rays that come from the sun:

- **Ultraviolet A (UVA) rays** go deep into your skin. They can make it hard for your body to protect itself and cause long-term damage
- **Ultraviolet B (UVB) rays** don't go as deep into your skin. They are the type of rays from the sun that are the main cause of sunburn

Getting too much of either kind of UV ray can lead to skin cancer. But, if you protect yourself, you can reduce the risk of skin cancer.

Even modest, unprotected skin exposure when you're young can lead to skin cancer when you're older.

Sunburn Safety Checklist

You can get sunburn even on a cloudy day. Before you go out—at any time of the year and on any type of day—check to be sure you've got the right protection from the sun and be careful in the water, on sand, and even in snow—they reflect the rays and make them even stronger.

Provided as an educational resource by Merck

To prevent sunburn:

- **Put sunscreen on all of your skin that will be out in the sun 20 to 30 minutes before you go out.** Reapply every 2 hours and after you swim or sweat. Make sure it:
 - Has a Sun Protection Factor (SPF) of at least 15 and protects against both UVA and UVB rays
 - Is water-resistant
- **Wear clothes that cover your skin, like**
 - A wide-brimmed hat
 - A long-sleeved shirt
 - Long pants
 - UVA- and UVB-blocking sunglasses
- **Stay in the shade from 10 AM to 4 PM—** That's when the rays from the sun are strongest.

Ask your health care team about any concerns you have about sun safety.

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Protect Yourself From Other Hot Weather Problems, Too!

Being exposed to the heat for too long can cause health problems, too. Read the chart below to learn about heat related conditions, tips to prevent them, and treatment options. You should always talk to your health care team about any questions you have about health problems due to the heat.*

To protect yourself from sun and heat-related problems, such as sunburn, dehydration, or heat exhaustion, drinking fluids and cutting back on your time in the sun and heat are key!

Heat-related Condition	Signs and Symptoms	How to Treat It	Get Emergency Help (Call 911) If:
Dehydration (DEE-hy-DRAY-shun)	<ul style="list-style-type: none"> - Dry, sticky mouth - Sleepiness - Less urine - Few or no tears - Muscle weakness - Headache - Dizziness 	Drink fluids [†]	You have: <ul style="list-style-type: none"> - Extreme thirst - Not urinated for 8 hours - Skin wrinkling - Dizziness and confusion - Low blood pressure - Fast heartbeat - Fever
Heat exhaustion	<ul style="list-style-type: none"> - Heavy sweating - Hot, damp, and reddened skin - Feeling faint - Nausea - Low-grade fever - Headache - Dark urine 	<ul style="list-style-type: none"> - Rest in a cool place - Drink cool fluids[†] - Put cool water on your skin - Remove or loosen tight clothes 	<ul style="list-style-type: none"> - You don't start to feel better in a half hour
Heatstroke	<ul style="list-style-type: none"> - Body temperature of 104° F or above - No sweating - Breathing fast and lightly - Fast heartbeat and pulse - Trouble speaking or understanding, seizure, hallucination, unconsciousness 	If you have any symptoms of heatstroke, get medical help right away!	<ul style="list-style-type: none"> - You have any symptoms of heatstroke

* The guide in this chart is for healthy adults. Young children, older adults, and people taking certain medicines are at greater risk for heat-related problems. They may have other signs and need varied treatment.

[†] Without alcohol or caffeine.

