

# Screen Your Sun Protection

Complete and submit this Skill Builder by **August 15** for a chance to win one of ten **Insten Portable Handheld USB Mini Mistng Fans**



Summer's coming: Time to dig out that sunscreen bottle and give it the once-over. The active ingredients in sunscreens lose efficacy after three years, so it's important to check their expiration dates. Today, challenge yourself to go through your drawers and make sure you're well-protected from the sun.

### Take note here!

Sunscreen brand: \_\_\_\_\_

SPF: \_\_\_\_\_

Expiration date: \_\_\_\_\_

## PROTECT YOUR SKIN

- Stay out of the sun during the peak UV hours, from 10 a.m. to 4 p.m.
- Purchase a sunscreen lotion labeled "broad spectrum" and SPF of at least 15 and no more than 50. There is no 100% full sun protection from sunscreens, an SPF of 15 equals 93% protection and an SPF of 50 gives 99% protection.
- Wear sunglasses, a wide-brimmed hat and cover up with a shirt (SPF or dark colored) to avoid UV exposure.
- Seek shade and limit your exposure to sun during the mid-day hours.
- Check your skin for moles or age spots. Look for a sore that does not heal, spread of pigment from the border of a spot to surrounding skin, redness or swelling beyond the border, a change in sensation (itchiness, tenderness or pain) and/or surface (scaliness, oozing, bleeding or a bump or nodule).
- Treat sunburns by cooling the skin, applying non-greasy moisturizer and acetaminophen if there are aches. (Home remedy: Cold skim milk applied in a thin layer helps the skin repair itself!)
- Check out [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html) for the UV index in your area. The National Weather Service has established a scale from 1 (low) to 15 (extremely high). On any given day the UV index can vary due to the protection of the ozone layer.



The Solutions Group

### Put it to use! Record dates used.

Sunday	/	/	/
Monday	/	/	/
Tuesday	/	/	/
Wednesday	/	/	/
Thursday	/	/	/
Friday	/	/	/
Saturday	/	/	/

Email this form to [nmpsia.wellness@phs.org](mailto:nmpsia.wellness@phs.org) by August 15, 2018 to be entered into the drawing.

Name: \_\_\_\_\_ Wellness Ambassador's Name: \_\_\_\_\_