

## **SUN PROTECTION MESSAGE FOR TOURISTS**

The following tips have been produced in co-operation with the World Health Organization and the United Nations Environment Programme. They summarise the basic measures that could help prevent sunburns from sun exposure.

You've planned for it, saved for it and probably waited months for your holiday escape. Now there is only one priority - to enjoy it!!

Sunburn can really put a stop to your holiday fun. First there is the pain, and then you end up missing out on some of the activities you were really looking forward to.

Taking some precautions to protect your skin doesn't have to get in the way of a great time. Get into the habit of protecting your skin before you go outside.

These simple precautions are all that is required.

### **Avoid the peak ultraviolet radiation period**

Reduce exposure to the sun or seek shade during periods when the sun's ultraviolet radiation is at its most intense. If you avoid the sun during the 2 hours either side of solar noon, you could avoid up to 60% of the day's ultraviolet radiation. Ultraviolet radiation is part of the sun's rays that causes sunburn, eye damage and leads to skin cancer and skin ageing.

### **Wear a Hat.**

A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back of your neck - areas that are particularly prone to overexposure to the sun.

### **Wear Protective Clothing.**

Wear lightweight, loose-fitting clothing as much as possible. Tightly woven cloth is best, but any clothing is better than none at all.

### **Use Sunscreen**

Apply at least a SPF 15+ broad spectrum sunscreen to all exposed areas of the skin as the last line of defence against the sun. Sunscreen should not be relied upon as the only form of sun protection and should be reapplied liberally every two hours.

### **Wear Sunglasses that Block 99-100% of UV Radiation.**

Sunglasses can help protect your eyes from sun damage. The ideal sunglasses don't have to be expensive, but they should block 99-100% of UVA, and UVB radiation. Check the label to see if they do. Wraparound sunglasses are best because they can protect your eyes from all angles.

### **Look out for the UV Index.**

The UV Index provides a forecast of the expected risk of overexposure to the sun and indicates the degree of caution you should take when working, playing, or exercising outdoors. The UV index will provide you with guidance as to how strong the UV will be for the day.

**SOME COMMON MYTHS**

<b>FALSE</b>	<b>TRUE</b>
A suntan is healthy.	A tan results from your body defending itself against further damage from UV radiation
A tan protects you from the sun.	A dark tan on white skin offers only limited protection equivalent to an SPF of about 4.
You can't get sunburnt on a cloudy day.	Up to 80% of solar UV radiation can penetrate light cloud cover. Haze in the atmosphere can even increase UV radiation exposure.
UV radiation during the winter is not dangerous.	UV radiation is generally lower during the winter months, but snow reflection can double your overall exposure, especially at high altitude. Pay particular attention in early spring when temperatures are low but the sun's rays are unexpectedly strong.
Sunscreens protect me so I can sunbathe much longer.	Sunscreens should not be used to increase sun exposure time but to increase protection during unavoidable exposure. The protection they afford depends critically on their correct application.
If you take regular breaks during sunbathing you won't get sunburnt.	UV radiation exposure is cumulative during the day.
If you don't feel the hot rays of the sun you won't get sunburnt.	Sunburn is caused by UV radiation which cannot be felt. The heating effect is caused by the sun's infrared radiation and not by UV radiation.