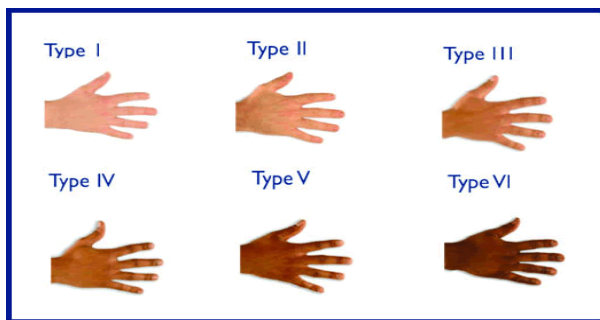


## Having Fun in the Mojave Desert: Tips for Staying SunSafe

With such a variety of recreational opportunities in our community it is easy to forget that we live in the desert. Below is information that can help protect against skin cancer.

### Practice Sun Safe Habits

- Maximize protection between the hours of 10 a.m. to 4 p.m.
- Wear a wide-brimmed hat that protects head, face, ears and neck. Baseball caps are great, but also use sunblock on ears and neck.
- Wear UV-protective sunglasses with 99%-100% UV absorption.
- During peak sun hours (10am-4pm) seek shade. Shadow rule- if your shadow is shorter than you, the sun's rays are at their strongest.
- Encourage children to play in shaded areas, especially during peak sun hours.
- Use a sunblock of SPF 15+ and apply a generous amount (about a tablespoonful) 20-30 minutes before going outside.
- Reapply sunblock every 90 minutes or after swimming, towel drying, or perspiring, even if the label says the product is waterproof.
- Wear sun protective clothing including long sleeved shirts and pants made of tightly woven fabric.
- Avoid the use of tanning beds.
- Know your skin type:



- Type I - Always burns; never tans; sensitive
- Type II - Burns easily; tans minimally
- Type III - Burns moderately; tans gradually to light brown
- Type IV - Burns minimally; always tans well to moderately brown
- Type V - Rarely burns; tans profusely to dark
- Type VI - Never burns; deeply pigmented, not sensitive

## Sunblock

It is important to choose sunblock instead of sunscreen. Sunblock is typically a mixture of physical and chemical block ingredients.

SPF stands for Sun Protection Factor. The SPF of a product tells you how long you may stay in the sun without burning. It is important to use a broad spectrum sunblock.

**The following two ingredients offer extensive protection from both UVA and UVB rays and are the most important to look for in sunblock:**

- Avobenzone (also known as Parsol 1789) - a chemical barrier
- Zinc Oxide – a physical barrier

**Make sure your sunblock has at least one of these ingredients!**

### Water Resistance

- “Water resistant” refers to sunblocks and sunscreens that must maintain their SPF after 40 minutes of being water.
- “Very water resistant” or “waterproof” sunblocks or sunscreens must maintain their SPF after 80 minutes.
- Both types must be reapplied regularly as water and towel drying can reduce the protection provided.

### How Much is Enough?

- One ounce of sunblock is needed to cover the average exposed area of an adult. Applying less substantially reduces your protection.
- Don't be fooled, there is no such thing as all-day protection. Sunblock should be applied 20-30 minutes before going outside and needs to be re-applied every two hours to maintain protection.
- Water resistant sunblock needs to be applied to dry skin. Wet skin does not allow the sunblock to adhere to the skin.

**Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp, hands and feet. In addition, apply sunblock to areas under swim suit straps, necklaces, bracelets and sunglasses!**

Information adapted from: <http://www.epa.gov/sunwise> and [www.cancer.org](http://www.cancer.org)

## What to Look For

If you notice any of the following signs on your skin, please make sure to visit your physician immediately.

- **Asymmetry:** If you draw a line through this mole, the two halves will not match.



- **Border:** The borders of an early melanoma tend to be uneven.



- **Color:** Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear. It may also become red, white or blue.



- **Diameter:** Melanomas usually are larger in diameter than the size of the eraser on your pencil, but they may sometimes be smaller when first detected.



- **Evolving:** Any change — in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting.



## SunSafety

Outreach and Education  
One Breakthrough Way  
10441 West Twain Ave.  
Las Vegas, NV 89135

(702) 822-LIFE -Phone

(702) 944-2367- Fax

[www.nevadacancerinstitute.org](http://www.nevadacancerinstitute.org)