

Press Release

FOR IMMEDIATE RELEASE

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St. Lawrence County Public Health recommends protecting your skin from the sun!

Summer is here and the sun is strong! Even a few serious sunburns can increase your risk of skin cancer later in life. Overexposure to ultraviolet radiation from the sun can cause sun burn, premature aging of skin, cataracts and other eye damage, weakening of the immune system, and skin cancer. Fortunately, by following these simple steps, you can enjoy your time in the sun and protect yourself from over exposure:

- Wear sunglasses that block both UVA and UVB rays
- Use a broad spectrum sunscreen with an SPF of 15 or higher
- Reapply every 2 hours and after swimming, sweating, or toweling off
- Stay in the shade during midday hours
- Wear light clothing that covers your arms and legs

Using a broad-spectrum sunscreen will provide protection from both UVA and UVB rays. SPF, or Sun Protection Factor, is a measure of a sunscreen's ability to prevent the sun from damaging the skin. If it takes your skin 20 minutes to redden without any sunscreen, using sunscreen with SPF of 15 would protect your skin for 15 times longer--about 5 hours.

It is recommended to use a sunscreen with an SPF of 15 for regular day-to-day outdoor activities. For prolonged outdoor activity like gardening or spending the day at the beach, look to use a sunscreen with an SPF of 30 or higher for longer protection from the sun.

For more information on sunscreen or ways to protect yourself from the sun, please check out our website at: <https://www.stlawco.org/Departments/PublicHealth/PreventiveHealth> or call the Public Health Department at 315-386-2325.