

## Jamison: Patient Education and Wellness

### HANDOUT 20.6: SUN SAFETY

Tips for reducing the risk of sun damage:

- ☐ Stay out of the sun between 10:00 and 4:30 – make a long shadow when walking in the sun
- ☐ Wear cloths with a dense fabric weave
- ☐ Wear a wide-brimmed or legionnaire hat
- ☐ Stay in the shade when out of doors
- ☐ Apply sunscreen every 150 minutes
- ☐ Use SPF 15+ sunscreen (note: sunscreen SPF 8+ thickly applied every few hours prevents cutaneous production of vitamin D)
- ☐ Wear wraparound sunglasses
- ☐ Use a lens that blocks 100% of UV below 400 nm
- ☐ Vary exposure, both time of and duration, according to the season and latitude
- ☐ Do not use tanning sunbeds
- ☐ Ensure adequate vitamin D – but do not permit sun exposure to cause erythema –
  - 12 min/day in the noontime sun on a clear day with 50% of the skin exposed to the sun (= oral intake of 3000 IU vitamin D). Increased skin pigmentation reduces the effect of UVB radiation – dark skins require more and can tolerate more sun exposure
  - Consider supplements – in some northern countries, sunshine is too weak during winter to make vitamin D

10 minutes of sun exposure produces vitamin D roughly equivalent to:

- the RDA
- eating 70 g of sardines
- eating 22 g of herring.

See <http://www.webmd.com/video/sun-protective-clothing>