Sun Safety: Myths & Facts

Below are some common Myths and Facts about sun safety. Becoming familiar with the truth about sun safety can save you from painful burns or blisters this summer.

Myth #1 -
The older I get, the more sun I can take. My skin gets tougher as I get older.
- Sun damage doesn’t discriminate! Over half of your total amount of lifetime sun exposure is after you are 18 years old!

Myth #2 -
I don’t have to worry about sunscreen on cloudy days.
- Clouds are not a barrier to sun exposure. More than 80% of UVA rays go through clouds and fog.

Myth #3 -
Getting a “base tan” from the tanning bed before summer or vacation will decrease my chances of getting burnt.
- Here’s a myth most of us believe to be true...but it’s FALSE! There is no such thing as a “safe tan”. All tans are actually your skin’s way of trying to heal from damage. Plus, compared to the sun, tanning beds can be as much as 12 times the amount of UVA dose. Bottom line, they are NOT SAFE.

Myth #4 -
The windows will protect me from sun damage.
- Windows do protect against UVB rays, but not all UVA rays. So even in the car you can get a burn. A slight tint with UVA protection can help cut down on this exposure.

Myth #5 -
I use SPF of 50, so I’m good to go.
- There are 2 different UV rays, UVA/UVB, not all sunscreens cover both. Look on your bottle and make sure to choose a broad spectrum UVA/UVB with SPF of 30. Remember to apply 30 minutes before going out into the sun and reapply every 2 hours.

Myth #6 -
If I get a burn, I need to pick open the blisters or scrub off the peeling skin.
- DO NOT remove the peeling skin or open blisters. This is the skin’s healing process. During healing, your skin needs extra moisture and a protective barrier. This is what the peeling and blisters are. Continue to gently clean with soap and water and apply a good moisturizer to help your skin heal.

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