

NEWS RELEASE



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HEALTH DEPARTMENT URGES SUMMER SKIN PROTECTION

Grand Island – Cool spring days are transitioning into warmer weather-just in time for summer time outdoor activities. It's good to get out and enjoy the summer sun, but like anything else, too much can be harmful. Sun safe habits should begin at childhood and last a lifetime in order to protect your skin from wrinkles and skin cancer.

Why protect

Jeremy Eschliman, Community Health Supervisor at the Central District Health Department (CDHD) states, "Cancer is the leading cause of death in Nebraska. Each year there are more new cases of skin cancer, than the combined incidence of breast, prostate, lung and colon cancers."

Protect your skin

Only one in five people wear sunscreen on a daily basis, when in fact sunscreen should be used every day, rain or shine. According to Eschliman, "The hours between 10 a.m. and 4 p.m. daylight savings time are the most hazardous for UV exposure. UV rays from sunlight are the greatest during the late spring and early summer in Nebraska." When possible, wear loose fitting clothing that protects the arms and legs. Be sure to cover your face also. A hat with at least a four-inch brim, such as a baseball cap or visor, provides optimal protection.

Don't fry, Apply

Apply a broad spectrum UVA/UVB sunscreen with a sun protection factor (SPF) of at least 30 when going outside. Apply the cream 30 minutes before sun exposure. For infants, protective clothing and keeping them out of the sun are best, but it is still safe and necessary to apply sunscreen to exposed skin, even for infants under 6months old.

Re-apply

A suntan is your skin's way of showing it is damaged. The deeper the tan the more damage has been caused. Be sure to re-apply sunscreen every two hours when outdoors, and immediately after swimming or excessive sweating.

Protect your eyes

Finding the right pair of sunglasses can protect your eyes from serious damage. Choose glasses that offer 99 percent UV protection and remember the color of the lens has nothing to do with the strength. Select glasses with a big frame that spans your brows and cheekbones for optimal sun blockage and replace worn out specs.

For more information on skin cancer, call central district health department at (308) 385-5175 or visit www.cdhd.ne.gov.

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"The Leader in assuring a healthy community."

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