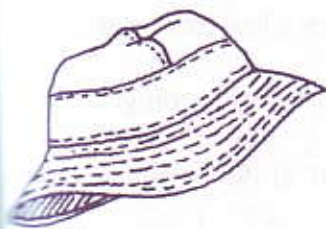


Avoiding Sunburns



Sunlight is important for all life on earth. However, some parts of sunlight can be harmful. In particular, the sun's burning or ultraviolet (UV) rays can cause serious sunburns.

The earth's ozone layer - a thin layer of gas high above the earth - acts to block out UV rays. In the past few years, the ozone layer has become slightly thinner due to air pollution. This means that more of the sun's UV rays can now reach the ground and us.



There are ways to protect you and your family from getting too much UV rays and a bad sunburn. Here are some tips.



- Use a sunscreen lotion that has a SPF number of 15 or higher. SPF stands for "Sun Protection Factor" and refers to the lotion's ability to stop your skin from burning. The higher the SPF number, the longer you can stay in the sun. If it takes 10 minutes to burn your skin, an SPF 15 sunscreen will give you 150 minutes of protection.
- Use sunscreen often if you are swimming, and don't forget to put it on your nose, ears, tops of your feet and the backs of your knees.
- Use protective clothing, such as lightweight cotton pants and long sleeved shirts.
- Use a wide brimmed hat to protect your head and shield your eyes.
- Use sunglasses that screen out UV light.
- Avoid being in too much sun from 10 am - 3 pm., when UV rays are the strongest.