

# Sun Safety



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**Department of Dermatology**

SUNY Stony Brook

Renaissance School of Medicine at Stony Brook University



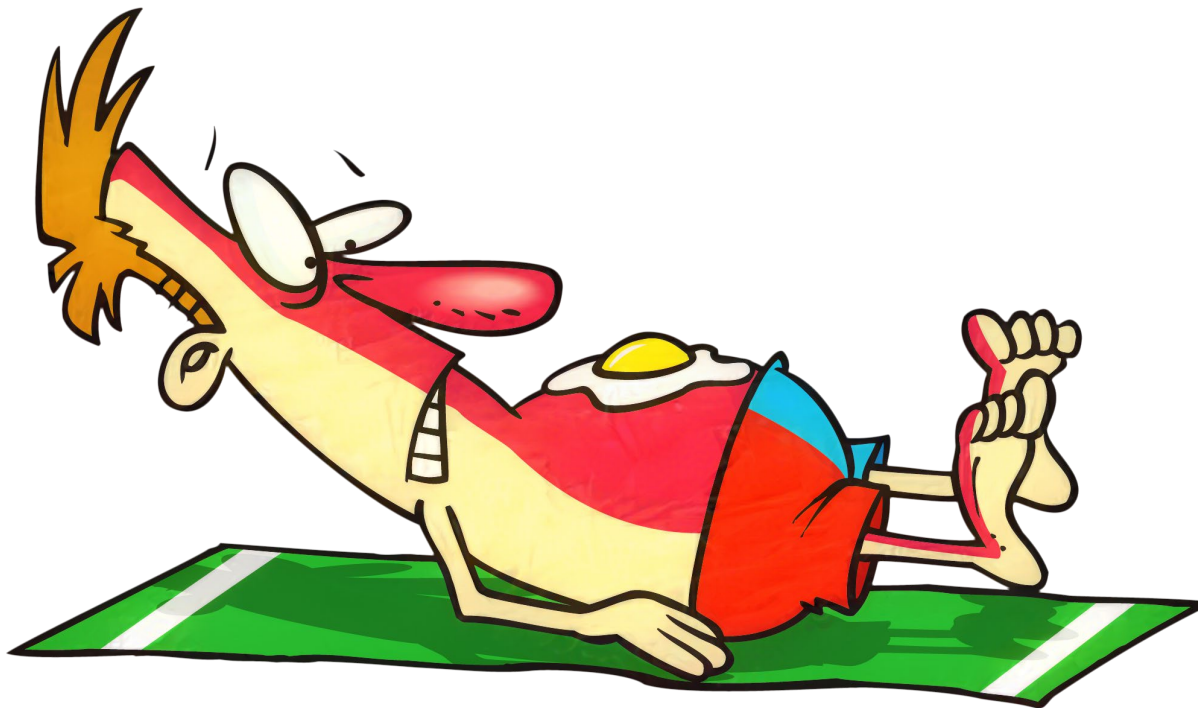
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# Who Knows Why?

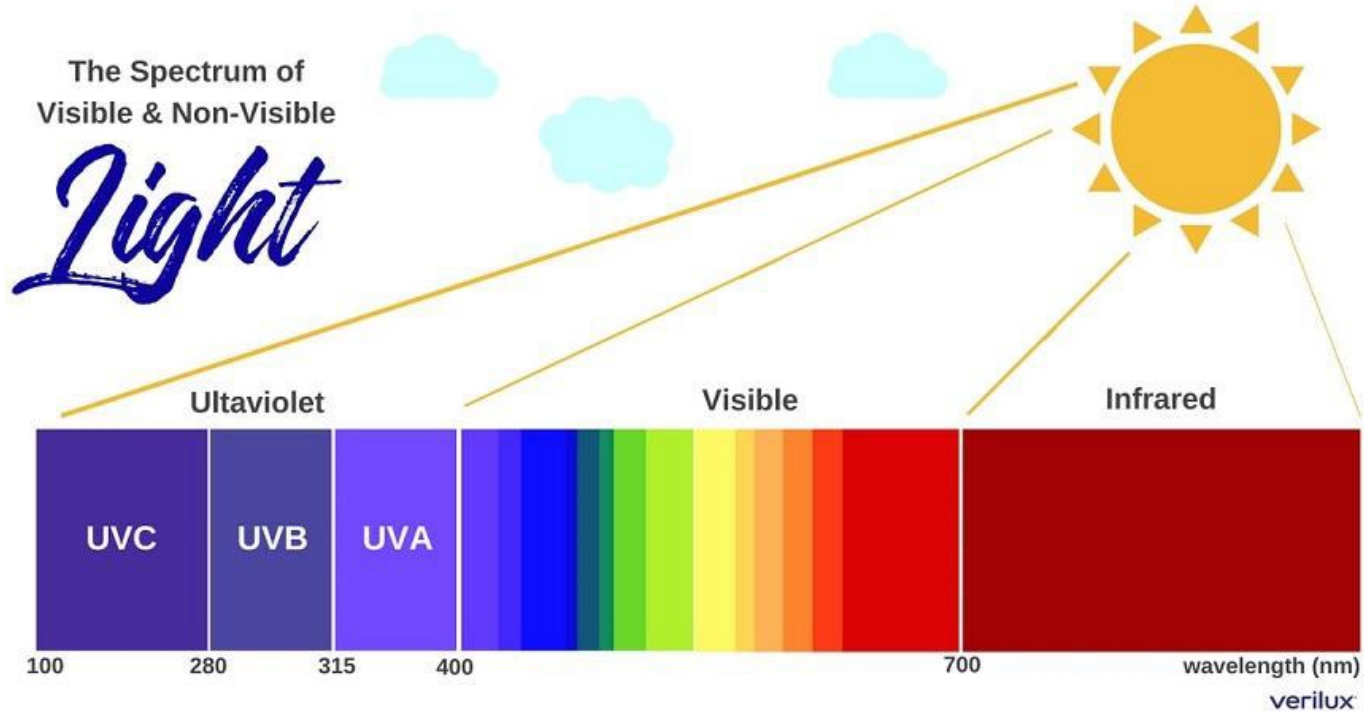
Raise your hand  
if your parents  
tell you to put  
on sunscreen!



# Sunburn!



# UV / Visible / Infrared Rays



# Let's Learn Healthy Sun Habits!



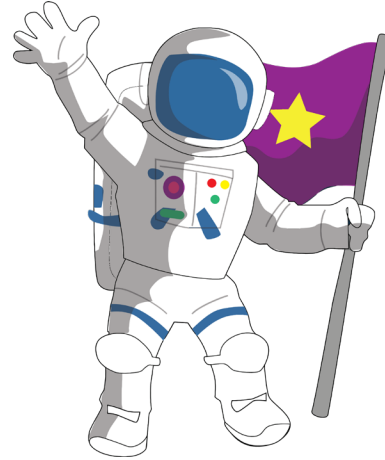
# Why Do We Go To School?



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# Doing Something for the Long Run!

It's the same thing with sun protection!

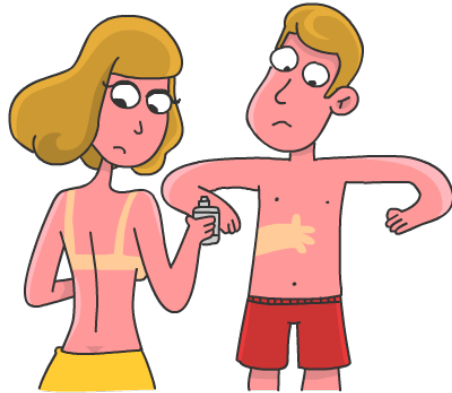


# Protecting Your Skin From Sun Damage!



Short Term Damage

Sunburns



Long Term Damage



Wrinkles



Skin Cancer





# The Six Ways For Sun Safety!



## Sunscreen

- At least SPF 30 to protect against skin cancer
- Wear it every day, even when it's cloudy
- Sunrays can get through clouds



# The Six Ways For Sun Safety!



## Covering up

- Sunglasses and hats protect your eyes and face
- Long-sleeved shirts and pants protect your body
- Light colors reflect the sun



# The Six Ways For Sun Safety!

## Look for shade

- The sun is hottest from 10AM to 2PM
- If your shadow is shorter than you, then hang out in the shade
- Umbrellas work great



# The Six Ways For Sun Safety!

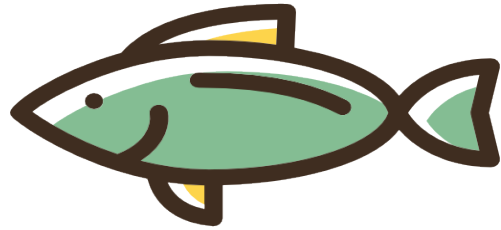


**Be careful around water, sand, and snow**

- Sunrays can reflect off the water, sand, and even snow
- Put on extra protection
- Yes! You can get a sunburn while skiing!

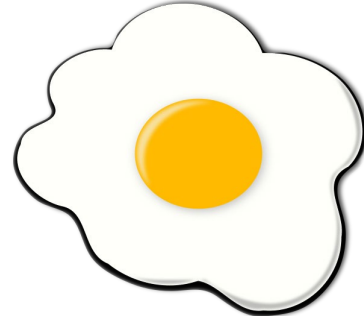


# The Six Ways For Sun Safety!



## Vitamin D

- Healthy doses from the sun!
- Fish
- Egg Yolks
- Mushrooms



# The Six Ways For Sun Safety!



## Stay away from tanning beds!

- Shines the same harmful sun rays much closer to your body
- Skin speeds up skin aging
- Much higher chance of skin cancer
- There is no such thing as safe tanning!



# Myths

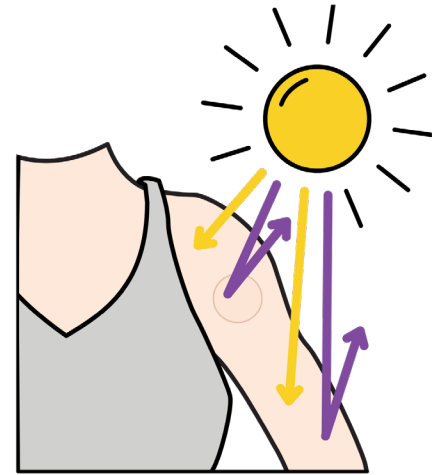
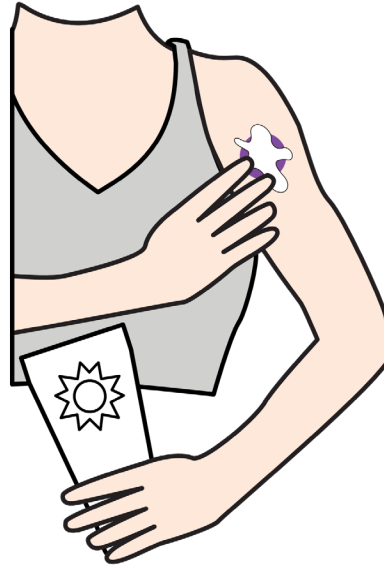
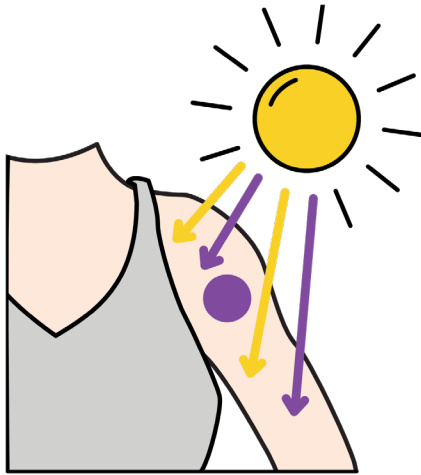


## Myth #1

- You won't get sun damage on windy, cloudy, or cold days
- **FALSE!**
- Sun damage is from ultraviolet (UV) radiation, not temperature (Infrared)



# Myths





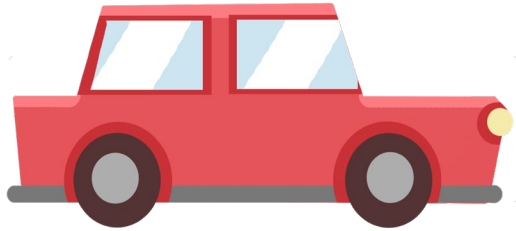
# Myths



## Myth #2

- If you tan but don't burn, you don't need to bother with sun protection
- **FALSE!**
- Darkened skin is a sign of skin cells reacting to injury, even if there is no redness or peeling. You are still at risk of skin cancer!

# Myths



## Myth #3

- You can't get sunburnt in the car through a window.
- **FALSE!**
- You are exposed to infrared rays (heat), visible light (sunlight), and UV rays through the car window. UV rays give you the sunburn!



# Thank You!



INFORMATION AND APPOINTMENTS

(631) 444- 4200

Please submit your  
questions to:

[dermonlineappointments@stonybrookmedicine.edu](mailto:dermonlineappointments@stonybrookmedicine.edu)

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