

KEY TO GOOD HEALTH:

*Properly Applying  
Sunscreen*



Many people apply sunscreen the wrong way. Learn how to maximize your sun protection by applying sunscreen properly.

1. Fifteen to 30 minutes prior to going outdoors, apply sunscreen to areas of the body that will be exposed to the sun. You need to give the product time to be absorbed into the skin.
2. Enlist the help of a friend to apply sunscreen to the areas of the body that you may not be able to reach, like the back.
3. Don't forget to apply sunscreen to areas that are commonly neglected, like the ears, face, hands, neck, and feet.
4. Every two hours, reapply sunscreen. Reapply after going into the water, even if sunscreen is "waterproof" or "water resistant". Waterproof and water-resistant sunscreens only offer 40 to 80 minutes of protection. Read the labels for exact times, every manufacturer is different.
5. Use sunscreen daily in all types of weather. The skin is still susceptible to the damaging rays of the sun during cloudy days as well.

MIAMI-DADE SCHOOLS POLICE DEPARTMENT

"Targeting Healthy Living"

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*Ultraviolet (UV) Safety Month*

Protecting Your Skin From UV Rays



Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. UV damage can also cause wrinkles and blotchy skin.

These are just some of the reasons why the Miami-Dade Schools Police Department (M-DSPD) is proud to participate in **UV Safety Month** and help raise awareness of the risks of sun damage.

During the month of July, join M-DSPD by taking action to prevent skin cancer and reduce the risk of UV damage.

You can take steps today to protect your skin:

- ◆ Stay out of the sun between 10 a.m. and 4 p.m.
- ◆ Use sunscreen with SPF 15 or higher.
- ◆ Cover up with long sleeves and a hat.
- ◆ Check your skin regularly for changes.

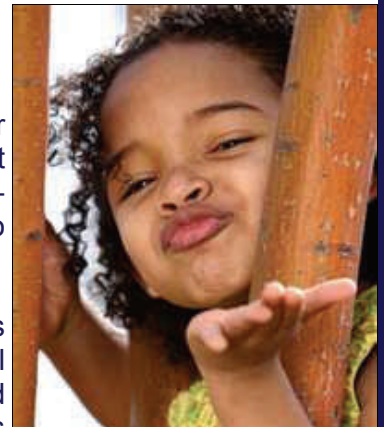
For more information, visit the American Academy of Ophthalmology ([www.aao.org](http://www.aao.org)).

Healthy Skin Care Tips for Kids

Lazy days at the pool or beach are warm weather rituals for many families. But if you're tempted to let your child play outdoors for even a few minutes without the proper sun protection, you might want to think twice.

Remember how much you marveled at your baby's smooth skin? Don't let the sun destroy that beautiful canvas. Ultraviolet sunlight damages the skin, and can lead to wrinkles and cancers later on. There is no such thing as a healthy tan; a tan is a sign of sun damage.

Always put sunscreen on your child before going outside, starting at 6 months of age. Make a fun game out of it. Teach your child to spell BEENS to help you remember to cover often-forgotten spots: Back of knees, Ears, Eye area, Neck, and Scalp.



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Charles J. Hurley, Chief of Police

