

For more information
about how to protect
yourself from the sun, visit
the following websites:

From the CDC:
goo.gl/gLA6Y

From Kaiser-Permanente:
goo.gl/cd0jl

Natividad Medical Center
Attn: CHAMACOS
1441 Constitution Boulevard
Salinas, CA 93906

If you have questions,
please contact the
CHAMACOS office:

Telephone: (831)759-6548
Fax: (831)757-3935

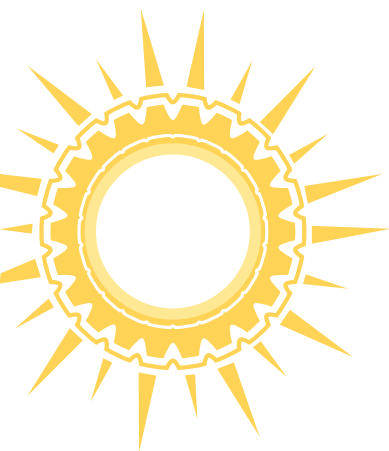


CENTER FOR THE HEALTH ASSESSMENT OF
MOTHERS AND CHILDREN OF SALINAS

This publication is possible thanks to the
following research grants:
RD83171001 and 20112238 of EPA;
P01 ES009605 of NIEHS;
2003-307 of The California Wellness Foundation

The content is exclusively the
responsibility of the authors and does
not necessarily represent the views of
the EPA, NIEHS, or The California
Wellness Foundation

SUN EXPOSURE

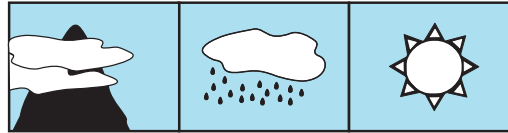


How can the SUN be harmful?

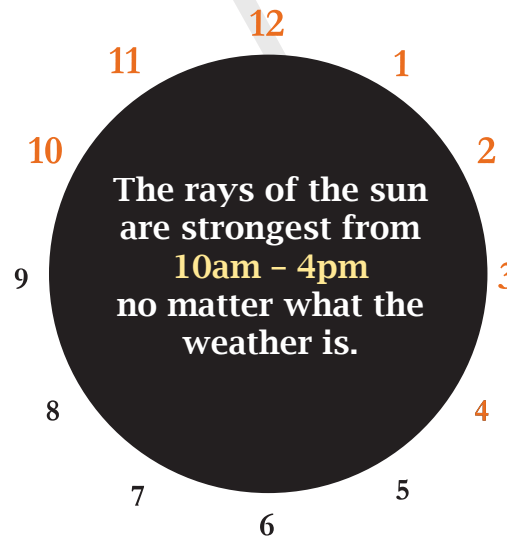
Staying in the sun can be a lot of fun on a hot day. However, staying in the sun too long can be bad for our bodies. Overexposure to sun can cause:

- Cancer (after many years of exposure)
- Skin to become wrinkled and rough
- Eye problems like cataracts

When is the SUN harmful?



- The sun's rays can reach the ground even when it's not sunny outside.
- The sun's rays can penetrate the clouds even when it is raining or snowing.



What can I do to protect myself from the effects of the sun?

- Don't spend a lot of time in the sun, especially between **10am — 4pm.**
- Use clothes that protect your body, like long pants and long-sleeved shirts.
- Use hats and sunglasses with ultraviolet protection (usually they have a "UV" label).
- Use sunblock and chapstick with SPF of 15 or greater. Put sunblock on 30 minutes before going out in the sun.
- Re-apply sunscreen often throughout the day and after swimming.

