

ENVIRONMENTAL PROJECTS

Green Tip: Sun Protection

It's official, summer is here! Sun exposure at any age, especially during the summertime, has been known to cause skin cancer and pose other health risks. While a hat and shirt may very well be the best type of sun protection, it doesn't cover every part of our skin. There are numerous types of sunscreens out there yet many contain chemicals that also pose health risks. So this month we decided to share some environmentally friendly tips (from the Environmental Working Group) on sunscreen and sun safety.

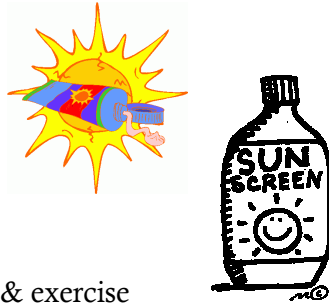
What to look for

Ingredients

Zinc
Titanium dioxide
Avobenzone or Mexoryl SX

Products

Cream
Broad-spectrum protection
Water-resistant for beach, pool & exercise
SPF 15-50 for beach & pool



What to avoid

Ingredients

Oxybenzone
Vitamin A (retinyl palmitate)
Added insect repellent

Products

Sprays
Powders
SPF above 50+

Is a higher SPF better for me?

Products with SPF's over 50 require more active ingredients which are absorbed into the skin increasing potential health risks. Additionally, higher SPF's only provide 1-2% more protection than SPF30. Case & point: **Reapply every 2-3 hours regardless of the number.**

What sunscreens should I use?

The Environmental Working Group has compiled a list of safer sunscreens for 2010 at:
<http://www.ewg.org/2010sunscreen/best-beach-sport-sunscreens/>

Find sun-protective clothing.

Hats, shirts and sunglasses protect the skin. Look for eco-friendly clothing options like organic cotton, hemp or bamboo.



Make it a habit!

Use sunscreen daily (not just at the beach) and be an example for kids as well.

Is it safe to fake & bake?

NO. Tanning beds have been known to expose skin to as much as 15 times the UV radiation of the sun, which can increase your risk of melanoma cancer.

For detailed information on sun protection, and to check the rating of your sunscreen, visit the Environmental Working Group's **Sunscreen Guide** at: <http://www.ewg.org/2010sunscreen/>

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