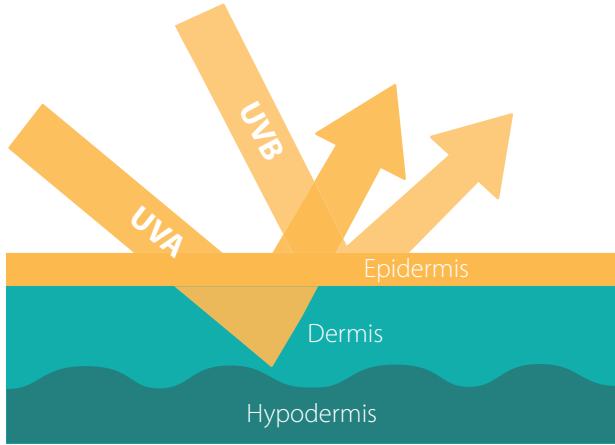


What are UVA and UVB Rays?

To understand the difference between UVA and UVB rays we first need to understand what UV rays are. **Ultraviolet Radiation (UV)** is part of the electromagnetic (light) spectrum that reaches the earth from the sun. It has wavelengths shorter than visible light, making it invisible to the naked eye.

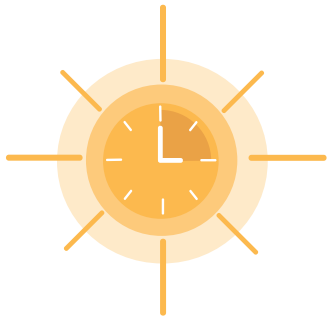


UVB Rays are the shorter waves that cause sunburns and skin damage.

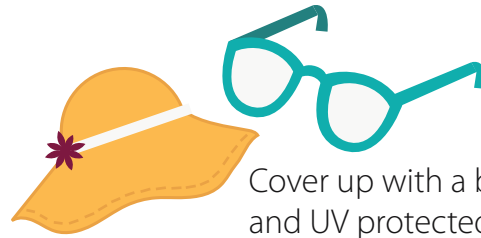
UVA Rays are the longer waves that cause lasting skin damage such as wrinkles and age spots.

Both forms of UV radiation can produce genetic mutations that can lead to skin cancer. According to the U.S. Department of Health and Human Services and the World Organization have identified UV as a proven human carcinogen.

Summer Fun Facts

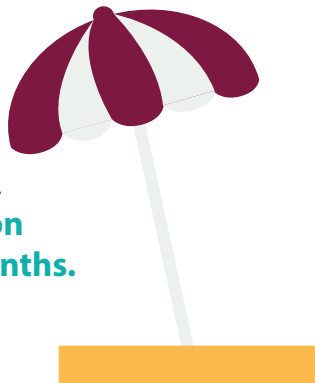


Seek the shade between **10am and 4pm.**

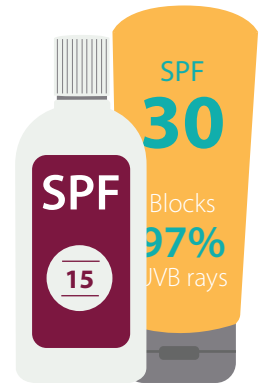


Cover up with a broad-brimmed hat and UV protected sunglasses.

Keep newborns out of the sun. **Sunscreen should be used on babies over the age of 6 months.**



The American Academy of Dermatologists recommend a water resistant broad spectrum sunscreen with a minimum of **SPF 30**. Make sure to reapply this every two hours while out in the sun and immediately after swimming.



Resources:

- <https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>
- <https://www.ewg.org/sunscreen/report/skin-cancer-on-the-rise/#.WxVOYUgvyUI>
- <https://www.skincancer.org/prevention/sun-protection/sunscreen>
- <https://uihc.org/health-topics/protect-your-skin-sun-damage>