# Toilet Talks

Summer 2020

## Sun Safety 101

As the weather gets warmer and you spend more time outside, don't forget to protect your skin! Here are the basics:

#### **Choose the right sunscreen:**

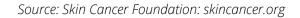
The Skin Cancer Foundation recommends the daily use a broad-spectrum sunscreen with an SPF of 15 or higher. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Reapply every two hours and after swimming or sweating.

#### Seek the shade

The sun's rays are usually strongest between 10 a.m. - 4 p.m. Spend more time in the shade during those hours.

#### Use protective wear

Clothing can add an additional layer of protection from the sun. Wear a widebrimmed hat and UV sunglasses to protect your eyes and the skin around them.





#### Sunscreen Terms:

**SPF** stands for sun protection factor, a relative measurement for the amount of time a sunscreen will protect you from ultraviolet (UV) rays.

The term **broad spectrum** means that a sunscreen protects against both UVA and UVB rays.

### **Online Resources**

Virtual Workouts: USI RFW joined over 100 other universities to offer students, staff, and faculty even more virtual workouts! Sign-up for free: <u>2020recreationmovement.com</u>

Explore more online fitness and wellness resources at USI.edu/rfw