

**WTNS Radio OSU Extension Update for May 25, 2020**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about sun safety.

It seems to sneak up on me every year. I love being outdoors on beautiful days in May. Tackling outdoor home improvement projects. Caring for flower beds. Just reading a good book while basking in the gentle warmth of the spring sun.

Then evening comes, and I am woefully reminded that the sun's rays are becoming more direct this time of year. And my exposed skin is paying the price.

The main concern is that overexposure to ultraviolet (UV) light can damage skin and increase risk of skin cancer. There are several recommended practices to reduce your risk. The temperatures may just now finally feel like summer, but the rays of summer are definitely here, and it is time to start thinking about sunburn.

According to the Skin Cancer Foundation, "while every sunburn can increase your risk of skin cancer, it's not just those big days at the beach or ballgame that cause trouble. Each time you run out to get the mail or walk the dog without sun protection also adds to the damage that can lead to skin cancer (as well as leathery skin, dark spots and wrinkles)."

One of the best things you can do is to cover up. Clothing doesn't wear off like sunscreen does. When you can, wear breathable fabrics that cover more of your skin, like long sleeves and pants. Hats are also fantastic, especially with a wide brim all the way around (three inches or more) to help shade your eyes, ears, face, and neck. And be sure to wear UV-blocking sunglasses to protect your eyes and the skin around them any time you are outside.

Not all clothing is created equally. I remember spending a day at Cedar Point during Jr. High, and my best friend Tanya Boyce ended up with terrible sunburn. It wasn't on her arms or face- she had worn plenty of sunscreen. Instead, she ended up with blisters on her back. The white T-shirts we were wearing left very little protection for her sensitive skin. Ouch! One thing to consider is to look for fabric products with an ultraviolet protection factor or UPF number. The number indicates what fraction of the sun's UV rays can penetrate the fabric. A shirt labeled UPF 50, for example, allows just 1/50th of the UV radiation to reach your skin.

Another recommendation is to think of shade as your refuge, especially between 10 AM and 4 PM. I loved going to the Warsaw Pool when I was a kid. But I never saw that pool until at least 3:00 PM, because my mom kept us out of the sun at peak hours. She used to say, “Play inside from 10-2”, and I haven’t forgot that.

And lastly, wear sunscreen. Not all sunscreens are the same. For some with sensitive skin, it can take some trial and error to figure out which products will work the best for you. For whatever reason, my son has never been able to wear Banana Boat formulations. But I know other friends who can’t wear Coppertone without getting a rash. There are different delivery methods to choose from as well like a sport spray, a stick or a rich moisturizer. In the end the best sunscreen is the one you will use every day.

The Skin Cancer Foundation advises everyone to use a broad-spectrum sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Reapply every two hours or after swimming or sweating. And get enough to cover- slather it on!

And if you are on Facebook, be sure to check out our three Facebook pages. The page “OSU Extension Coshocton County” features updates and information about agriculture and natural resources, and healthy living topics like nutrition and finances and parenting. The “Coshocton County Master Gardener Volunteers” page shares timely updates to anticipate your gardening questions, especially this time of year. And the “Ohio State – Coshocton County 4-H” page will give you lots of great ideas for engaging youth and keep you in the loop on local 4-H happenings.

A special thank you today to all of those who have served our country as a member of the military and to the many families whose loved ones are remembered today for laying down their very lives that we might enjoy the freedoms that we do. May we never take for granted the courage of these men and women.

Remember: Keep cooking. Keep cleaning. Keep learning. Keep living.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!