

Sun Safe Behaviors

Wear Sunscreen & Lip Balm

- Sun Protection Factor (SPF) 30 or higher
- Broad spectrum sunscreen that protects against UVA & UVB rays

Wear Protective Clothing

- Cover a large amount of your skin
- Long-sleeved shirts and long pants are best
- Choose clothing that is made from fabric with a dark color and a tight weave that will block more of the sun

Wear a Hat with a Brim

- Shade eyes, face, nose, head, ears and neck

Wear Protective Sunglasses

- Select and wear sunglasses that block 100% of UV rays

Limit Your Time in The Sun

- Avoid the sun on your breaks
- Eat lunch inside or in the shade
- Seek shade and go inside whenever possible

Examine Your Skin

- Watch your moles and other skin spots
- Report unusual skin changes to your doctor

Tips for Using Sunscreen

Apply 30 minutes prior to sun exposure.

Apply all over exposed skin.

Don't forget places like ears, neck, hands and wear lip balm with SPF 30 or higher on your lips.

Slop it on! On average, you should use an amount at least the size of a large grape to cover your face, ears and neck.

Reapply at least every two hours.

Wear it EVERYDAY!

Sun Safe Goals

People who set solid goals are more motivated to reach the goals they have set. Setting goals can lessen your stress and increase your confidence because you know clearly what you want to do.

Write Your Own Sun Safety Goal

Set a goal to improve on your sun safety behaviors. Follow the steps below to write a solid goal related to sun safety.

1. Write your general goal. (Start with "I will...")
2. Now make the goal more specific by making it measurable. (By March 1st, I will have eaten lunch inside 80% of the time)
3. Add a completion date! (When you want to have accomplished your goal)
4. Write your new and improved goal here.



Learning to Live
Sun Safe

This program is sponsored by the Cancer, Cardiovascular Disease, and Pulmonary Disease Grants Program at the Colorado Department of Public Health and Environment.

Personal Risk Assessment

Remember! No matter what your score, because we live in an area with abundant sunshine and a high altitude, we all have to be careful in the sun!

Your risk of getting harmed from sun exposure is the sum of three important components:

- Who you are**
 - + Where you live**
 - + What you do**
- Personal Risk Factor For Sun Damage**

What's Your Risk of Skin Damage?

Directions: For each question there will be a number score next to the answer you choose. Please write the number in the score column on the right hand side of the paper. At the end of the questionnaire, add up your score for each question. The total score will tell you your personal risk for skin damage.

	SCORE
1. When I go outside and it is sunny: a.) I wear sunscreen: Always 1 Sometimes 2 Never 3	
b.) I wear a hat with a brim to protect myself from the sun: Always 1 Sometimes 2 Never 3	
c.) I wear sunglasses to protect my eyes from the sun: Always 1 Sometimes 2 Never 3	
d.) I stay in the shade to protect myself from the sun: Always 1 Sometimes 2 Never 3	
e.) I wear clothes covering most of my body (such as long pants, long-sleeved shirts) to protect myself from the sun: Always 1 Sometimes 2 Never 3	
f.) I intentionally go out in the sun to get a tan: Always 3 Sometimes 2 Never 1	
2. Does anyone in your immediate family (parents, grandparents, brothers, or sisters) have or ever had skin cancer? NO 1 YES 3	
3. What is the natural color of your hair? Dark Brown-Black 1 Light-Medium Brown 2 Red or Blond 3	

Behavioral Questions

Genetic Questions

	SCORE
4. What is the color of your untanned skin? Dark Brown 1 Light Brown 2 Medium White 3 Fair White 4	
5. How many times in your life have you had a severe sunburn that blistered? 0-2 1 3-5 2 6-10 3 More than 10 4	
6. How many moles do you have that are bigger around than a pencil eraser? None 1 Some 2 A lot 3	
7. How many freckles do you have? None 1 Few 3 Many 5	
8. When I go out into the summer sun for the first time: I never burn 1 I sometimes burn 2 I always burn 3	
9. My skin: Tans easily 1 Will tan if I work at it 3 Does not tan 5	
10. I live at this elevation: 0-4999 ft. 1 5000 ft. or higher 2	
11. Using the World Map below, find the area you have lived for most of your life: Area 1 1 Area 2 2 Area 3 3	
TOTAL:	

Environmental Questions

	SCORE
17-29: I AM AT LOW RISK	
30-41: I AM AT MEDIUM RISK	
42-53: I AM AT HIGH RISK	



17-29: I AM AT LOW RISK but I still need to watch myself to prevent sunburns.

30-41: I AM AT MEDIUM RISK so I need to protect myself with protective clothing & sunscreen.

42-53: I AM AT HIGH RISK and I really need to be extra careful to protect my skin in the sun.