

# 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 wide-brimmed 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: [2020recreationmovement.com](https://2020recreationmovement.com)

Explore more online fitness and wellness resources at [USI.edu/rfw](https://USI.edu/rfw)