



Have a Sun Smart Summer!

As summertime approaches, we want our customers to be aware that certain medications and skin care products may increase your sensitivity to the sun.

Stop by our pharmacy counter and speak to our pharmacists about any questions or concerns you may have!

Here are some quick tips on how to protect yourself:

- Apply sunscreen, preferably an SPF 15 or higher to exposed skin areas about 30 minutes prior to sun exposure.
- Re-apply at least every 2 hours and especially after swimming, sweating or toweling dry.
- The higher the SPF, the greater the protection from sunburn caused by UVB, but this does not increase length of time for sun exposure.
- Apply a generous amount to all exposed skin. As a guide use 1 ounce to cover entire body.
- Use sunscreen even on hazy or partly cloudy days.
- For greater protection COVER UP! Wear a hat that will shade your face, neck and ears. Sunglasses with UV protection help as well. Wear loose fitting, tightly woven clothes to cover up the arms and legs. Stay inside if possible when UV rays are at their highest levels between 10am to 4pm.
- Don't choose products that combine insect repellent and sunscreen. SUNSCREEN needs to be reapplied more often than insect repellent, and it might increase absorption of DEET.
- Before choosing a sunscreen product check to see if you're allergic to any of the ingredients... (example: PABA, perfume, preservatives, benzocaine or tetracaine).
- The sensitive skin of babies and children is easily irritated by chemicals in adult sunscreens. Children's sunscreens usually contain ingredients that are less likely to irritate their skin. Using products that contain titanium dioxide and zinc oxide will help protect babies and children without being absorbed.
- For children 6 months and older: look for sunscreen designed for kids with an SPF of 15 or higher. For children 6 months and younger: babies should be kept out of direct sunlight, move your baby to the shade where it may be cooler or cover your baby with an umbrella or the stroller canopy.
- Feel Free to ask your MD/RPH for any further information.

Keep these tips in mind and have a skin safe summer.

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Here are some suggestions of products with UVA & UVB protection:

<u>Children</u>	<u>Adults</u>
Blue Lizard Baby SPF 30 Bull Frog Kids Fast Blast SPF 36 Vanicreme SPF 30 / 60 (Sensitive Skin)	Anthelios XL SPF 30 / 60 Neutrogena Ultra Sheer SPF 45 / 55 / 70 Coppertone Ultraguard 15 Solbar Shield SPF 40

At Rye Beach Pharmacy, we are fully stocked with dozens of different sunscreens. Visit us today and see our sunscreen aisle.

What's Your Sun-Safety IQ?

Visit our website WWW.RYERX.COM and take the *What's Your Sun-Safety IQ* Quiz. Follow the link to take a fun quiz on sun safety.

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