

防晒安全

保护您不被日光晒伤的最佳方法

您的防晒计划：

- 使用至少达到 **SPF 30** 的防晒霜
- 穿戴防晒服和太阳镜
- 了解防晒知识，以便尽可能限制日晒

选择好的防晒产品

使用防晒产品是防晒计划的一个重要部分。防晒产品有乳霜、乳液、防晒棒和喷雾剂等不同的形式。这些防晒产品包含阻止有害的紫外线进入您的皮肤的物质。

- 查看标签上的 **SPF**（防晒系数）数字。西雅图地区建议的 **SPF** 至少应为 **30**。
- 选择既防长波紫外线（**UVA**）又防中波紫外线（**UVB**）的防晒产品。另外，寻找含有巴尔索尔（**Parsol**）**1789**（阿伏苯宗）、氧化锌或二氧化钛的防晒产品。
- 过敏性皮肤的婴儿和儿童应使用含有氧化锌和/或二氧化钛的防晒产品。可选择的品牌类型包括：
 - **Blue Lizard** 婴儿或敏感性皮肤防晒霜 skin
 - **Vanicream** 防晒霜
 - **Neutrogena** 敏感性皮肤防晒霜
- 如果您的肤色很浅，则应全年涂防晒霜。如果您在服药或患有使您对阳光更敏感的病症，也应涂防晒霜。
- 不要忘记在嘴唇上涂防晒霜。寻找含有相同 **SPF** 的润唇膏。

注释：建议不要使用防晒喷雾剂和含有驱虫剂的防晒霜。这是因为如果吸入或吞入防晒喷雾剂会有危险，驱虫剂不应当像防晒霜那样经常使用。

穿戴防晒服和太阳镜

防晒服是一种较新的防晒产品。防晒服可与防晒霜一起使用，但不得取代防晒霜。用于制作防晒服的材料质地很紧密，可帮助挡住部分阳光。您可以找到衬衫、长裤、连体装和带护颈的帽子，有不同的婴儿、儿童和成人尺寸。很多服装公司销售防晒服。

以下是一些销售防晒服的商店：

- **Coolibar** 800-926-6509 coolibar.com
- **Sun Precautions** 800-882-7860 sunprecautions.com
- **UV Skinz** 877-887-5496 uvskinz.com
- **Lands' End** landsend.com（查找“Rash guard”）

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如需了解进一步详情

- 皮肤科
206-987-2158
- 向您的孩子的医疗保健提供者洽询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的孩子的护士询问。
- 在医院外，拨打免费家庭口译专线电话 **1-866-583-1527**。告诉口译员您需要通话的人的姓名或分机号码。

我应当了解哪些防晒知识？

什么是长波紫外线（UVA）和中波紫外线（UVB）？

太阳将发出的能量作为热量（可见光和不可见光）发射到地球上。UVA（长波紫外线）和 UVB（中波紫外线）光线是可见光。这些光线会损害皮肤，造成皮肤癌和皮肤皱纹。

防晒的五个因素是什么？

1. **时间：**太阳光在上午 11 时至下午 3 时之间最强烈。尽量避免在一天的这个时段受到太阳直射。
 2. **地理位置：**太阳光在接近赤道和高海拔地点（山上）最强烈。如果您住在墨西哥，太阳光比西雅图更强烈。
 3. **天气：**云彩和烟雾不能完全阻挡 UVA 和 UVB 光线照射到地球上。
 4. **反射率：**沙子、水、水泥、道路和雪会反射一半以上的阳光。当您在此类物体表面时更容易晒伤。
 5. **皮肤类型：**肤色较暗的人具有更自然的防晒保护。
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我怎样才能采取最好的保护方法帮助自己和家人防晒？

- 留心沙子、雪和水反射的阳光。
 - 当您计划长时间在户外逗留时，穿防晒服。
 - 涂带防晒系数（SPF）30 或以上的防晒霜。更高 SPF 的具体建议取决于皮肤类型、对阳光的敏感度和其他风险因素。
 - 涂大量防晒霜。一次使用高尔夫球大小的数量，甚至儿童也应这样做。在外出前 20-30 分钟涂防晒霜，并至少每隔两小时再涂一次。在下水或出汗很多之后再涂防晒霜。在从事水上活动时，涂防水防晒霜。
 - 佩戴具有紫外线防护功能的太阳镜。
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SPF（防晒系数）究竟是什么？

防晒霜瓶标签上的“SPF”数字是您日晒多长时间（分钟数）而会出现晒伤风险的指南。但请记住，您可以日晒多长时间取决于上述五个防晒因素。我们建议至少使用 SPF 30 防晒霜。从事水上活动或运动时，应使用“防水”防晒霜，但需要按照标签说明至少每隔 40-80 分钟重涂一次。如果您用毛巾擦干身体，则应更经常涂防晒霜。

Sun Safety

The best ways to protect yourself from the sun

Your sun protection plan:

- Use sunscreen with SPF of at least 30
 - Wear sun protective clothing and sunglasses
 - Know about sun exposure so you can limit it when possible
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Choose a good sunscreen

Using sunscreen is an important part of your sun protection plan. Sunscreens come in cream, lotion, stick and spray forms. They contain substances that stop harmful ultraviolet light from entering your skin.

- Look for an SPF number on the label. An SPF (Sun Protection Factor) of at least 30 is recommended for the Seattle area.
- Choose a sunscreen that says it protects against both UVA and UVB rays. Also, look for sunscreens that have Parsol 1789 (avobenzone), zinc oxide or titanium dioxide.
- For babies and for children with sensitive skin, use a sunblock containing zinc oxide and/or titanium dioxide. Types of brands to select include:
 - Blue Lizard baby or sensitive skin
 - Vanicream sunscreen
 - Neutrogena sensitive skin
- Wear sunscreen year-round if you have very fair skin. Also use it if you are taking medicines or have a health problem that makes you more sensitive to the sun.
- Don't forget to put sunscreen on your lips. Look for the same SPF in a lip balm.

Note: Spray sunscreens and sunscreens containing insect repellent are not recommended. This is because spray sunscreens can be dangerous if inhaled or swallowed and insect repellent should not be reapplied as often as sunscreen.

Wear sun protective clothing and sunglasses

Sun protective clothing is a fairly new product for protection against the sun. Sun protective clothing can be used with, but not in place of, sunscreens. The material used to make this clothing is tightly woven and helps block some of the sun's rays. You can find shirts, pants, coveralls and hats with neck flaps. They come in infant, children and adult sizes. Many clothing companies sell sun protective clothing.

Here are a few stores who sell sun protective clothing:

- Coolibar 800-926-6509 coolibar.com
 - Sun Precautions 800-882-7860 sunprecautions.com
 - UV Skinz 877-887-5496 uvskinz.com
 - Lands' End landsend.com search for "Rash guard"
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To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

What should I know about sun exposure?

What is UVA and UVB light?

The sun beams its energy to earth as heat, visible and invisible light. UVA (ultraviolet A) and UVB (ultraviolet B) light is the invisible light. These are the rays that can damage skin, resulting in skin cancer and wrinkles.

What are the 5 factors of sun protection?

1. **Time:** Sun is strongest between 11 a.m. and 3 p.m. Try to avoid direct sun these times of day.
 2. **Geography:** Sun is most intense near the equator and at high altitudes (up in the mountains). If you live in Mexico, the sun is stronger than in Seattle.
 3. **Weather:** Clouds and smog do not totally block UVA and UVB light from reaching the earth.
 4. **Reflectivity:** Sand, water, cement, roads and snow reflect over ½ of the sun rays. You can burn more easily when you're near these types of surfaces.
 5. **Skin type:** People with darker skin have more natural protection from the sun.
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How can I best protect myself and family from the sun?

- Beware of the sun's reflectivity from sand, snow and water.
 - Wear protective clothing when you plan to be outside for a long time.
 - Use sunscreen with sun protection factor (SPF) of 30 or greater. Specific recommendations for higher number SPF depend on skin type, sensitivity to the sun, and other risk factors.
 - Use **a lot** of sunscreen. A golf ball sized amount, even for a child. Put sunscreen on 20 to 30 minutes before going outside and reapply at least every 2 hours. Reapply sunscreen after going into the water or after sweating a lot. Use water resistant sunscreen for water activities.
 - Wear sunglasses with UV protection.
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What exactly is SPF (Sun Protection Factor)?

The "SPF" number on the sunscreen bottle's label is a guide on how long (in minutes) you can stay in the sun before risking sunburn. But keep in mind, the amount of time you can stay in the sun depends on the 5 factors of sun protection listed above. We recommend an SPF of at least 30. "Water resistant" sunscreen should be used for water activities or sports, but needs to be reapplied at least every 40 to 80 minutes, depending on the label. Reapply more often if you dry off with a towel.
