4/8: Health blog: Why sun protection is important

By Jennifer Brown/Online Reporter

The weather is starting to warm up in Charleston. We've recently seen temperatures reach into the 80s. Given this is only April, it doesn't mean that students shouldn't consider sunblock to keep themselves protected. Health experts recommend that adults wear at least 15 spf sunblock and reapply it every half hour they remain in the sunlight.

If you don't wear sunblock, you'll of course get a sunburn, or even wrinkled skin. The risk of skin cancer increases, age spots may appear and the individual may look older. It may increase the site of skin spots if you stay out in the sun for too long without any protection at all.

There are many ways that sunblock helps protect your skin. The higher the spf, the more the sunlight is scattered over your skin. While it protects you from sunburns, the number of spf on the bottle indicates how long an individual can be outside without burning. If someone wears 30 spf sunblock, they can be outside a half hour or they will have to reapply more sunblock.

On sunny days, sunburns are more likely occur from 10 a.m. to 4 p.m., and they may also occur on cloudy days.

It should be applied more often when you're swimming. Consider getting a self-tanner lotion which has an extra spf lotion inside it to protect from the sunlight more. In addition, lighter clothes will not radiate heat as much as darker clothes. This will keep you from getting so hot and burning more often.

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