

- Reducing one's level of outdoor activity is not a legitimate option for avoiding sunlight.
- The human body requires sunlight in order to manufacture Vitamin D.
- Overexposure to sunlight, particularly to ultraviolet radiation, is harmful to one's health.
- Sun exposure time does not reset with each sunrise—it accumulates.
- There are four main options by which one can protect oneself from UV rays: hats, sunscreen, sunglasses, and shirts.
- These options are best exercised in concert with each other.
- The area around the eyes is particularly vulnerable to UV problems.
- When moving around outside (or, for that matter, when standing still) it is best to cover as much of one's skin as possible.
- Not all clothing provides the same level of protection.
- Tighter weaves of clothing are more protective than looser weaves—if visible light can pass through the fabric, so can UV rays.
- Fabric is more useful for blocking out the sun when it is dry.
- Typical summer-weight t-shirts provide less UV protection than a sunscreen with a SPF of 15.
- Truly sun-protective clothing is somewhat rare in this country, though inroads are being made.
- There are now chemical additives one can throw in the wash in order to increase the SPF of certain types of clothing.
- A sun protection factor of 15 is the minimum necessary level.
- Sunscreen is available as everything from lotions to makeup.
- The SPF scale is not linear; i.e., a lotion with a SPF of 100 is not twice as effective as a lotion with an SPF of 45.
- While the higher SPF number does mean more protection, the differential margin narrows as the numbers increase.
- No sunscreen can provide the wearer with complete protection against sunlight.