

SAFE SUN BEHAVIORS IN FRANCHE-COMTE 2011

Skin cancers are more and more frequent and more and more severe. We must watch our skin regularly and protect ourselves efficiently from the sun. In addition, the skin of our children is even more sensitive.

SUN PROTECTION AND CHILDREN

The only effective sun protection is clothing

There is no total sunblock. Effective sun protection includes hat, clothes and sunglasses. Sunscreens are only complementary.

Avoid sun exposure between 11 am and 4 pm (however, even outside these hours, the risk persists)

We ask Mayors, persons in charge of swimming pools and outdoor recreation camps:

- Stop banning the use of specific anti-UV clothes: these clothes in Lycra - polyamide - elastane are appropriate for bathing.
- Provide appropriate shaded areas for families and children (> 50 % of the total area)
- Provide specific anti-UV covering above all the outdoor areas dedicated to babies and young children
- Provide information on sun protection (posters, personal leaflets, stickers, etc..) in all the outdoor recreation camps
- Educate the staff about sun protection measures and practices (swimming pool coaches, lifeguards, instructors, etc...)

We must take care of younger generations.

Adults must set a good example

| Our 11 sun recommendations: Google - > <http://www.asfoder.net/site>

The Dermatologists of Franche-Comté

ASFODER 2011

