

Sun Survival Guide

Skin type	EXPECTED TIME IN THE SUN				
	1 hour	2 hours	3 hours	4 hours	5 + hours
Very Fair/ Extremely Sensitive (Never tans, always burns)	SPF 15	SPF 30	SPF 30	SPF 30	SPF 45
Fair/Sensitive (Tans slowly, burns easily)	SPF 8	SPF 15	SPF 30	SPF 30	SPF 30
Light (Tans gradually, usually burns first)	SPF 8	SPF 15	SPF 15	SPF 30	SPF 30
Medium (Tans well, burns minimally)	SPF 4	SPF 8	SPF 8	SPF 15	SPF 30
Dark (Tans easily, rarely burns)	SPF 4	SPF 4	SPF 4	SPF 8	SPF 15

Sun Safety Tips...

Sun Protection Factor (SPF) is a numbering system to help you select the suncare that is right for you. Anyone's skin will eventually burn as a result of exposure to UVB rays but using a suncare product with SPF lengthens the time you can spend in the sun. Panama Jack Suncare is available in a range of SPF levels from zero through 75, so you can find the product that's right for you.

Other natural factors that can increase the impact of UVB rays and consequently, the need for greater sun protection:

- 1) If you are on the sand and/or water.
- 2) If you are high above sea level.
- 3) The closer you are to the Equator.
- 4) If you are outside from 10am-3pm.
- 5) If you are taking certain medications, check with your physician.

You should use an even higher SPF if the UV index is above 5 because the sun's burning rays are more intense than normal.

Kirk Russell