

Mayo Clinic Minute

Is Your Skin Safe on Road Trips?

VIDEO	AUDIO
	Being in the car
	<i>Sound of door shutting</i>
	... doesn't mean ...
	<i>Sound of car starting</i>
	...being out of the sun.
Title: DAWN DAVIS, M.D. DERMATOLOGY Mayo Clinic	When you're sitting near a window, whether it's in your home or in a car, you still do get ultraviolet light rays.
	Mayo Clinic dermatologist Dr. Dawn Davis says ultraviolet light type A is able to penetrate windows and puts you at risk for skin damage.
	So, the time inside the car, or the time in your home near a bright window is equivalent to being outside with regards to UVA light.
	Ultraviolet light type A causes deeper, more long-term chronic damage to the skin.
	Dr. Davis says, protect yourself in the car the same way you would in the sun.
	You should wear sunscreen at all times –
Graphic: SPF 15 – casual SPT 30 – longer SPF 50 – all-day	SPF 15 for quick errands; SPF 30 for longer trips; and, SPF 50 for all-day adventures.
	Big sunglasses help too.
	And, a film or window tint that blocks ultraviolet light can also be added to your car – although rules for its use vary by state.
	The clear variant does very well, while protecting your skin from the sun.

Graphic:
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For the Mayo Clinic News Network, I'm Jeff Olsen.