

Tampa Bay ranks #4 for UV exposure – Top tips to protect your eyes AND your skin

The Tampa Bay area is at the top of another list, but this time it's not a list that we necessarily want to celebrate. However, it does deserve a call to action. Tampa Bay area is ranked number FOUR in a list of cities receiving the highest level of Ultra Violet (UV) exposure. UV light is an invisible, electromagnetic radiation emitted by the sun. We are just behind San Juan, Honolulu and Miami. The Vision Council compiled the list by analyzing data from the US Environmental Protection Agency and the National Weather Service. Tampa Bay has on average a total of 207 days of extreme or very high risk for UV exposure, which is 57% of the year! Preventing overexposure to the sun is one of the highly preventable steps everyone can take to reduce the risk of skin cancer and eye damage.

Splish Splash

According to the American Academy of Dermatology (AAD), you should “use extra caution near water and sand because they reflect and intensify the damaging rays of the sun, which can increase the chance of sunburn.” The AAD recommends using a water resistant (40 minutes) or very water resistant (80 minutes) sunscreen. Sunscreens are not waterproof or sweatproof and need to be reapplied. Reapply sunscreen approximately every two hours, even on cloudy days, and after swimming or sweating.

A Family Affair

UV damage is cumulative, occurring over a lifetime of exposure. Children receive three times the annual sun exposure of adults, increasing their susceptibility to UV damage. Getting children in the habit of wearing sunglasses and sun protection early will help to lessen serious vision and skin problems in the future.



National Sunglasses Day is June 27.

Beyond a Shadow of a Doubt

The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow appears to be shorter than you are, you should seek shade. UV rays are just as dangerous on cloudy days as they are on clear days. Just like skin, eyes can accumulate harmful UV radiation on overcast days, so be sure to wear proper eye and skin protection while outside. Be aware of your sunscreen's Sun Protection Factor (SPF)– the higher the number, the more protection it provides. Also look for the words “broad spectrum” to ensure a wide range of UV light is actually being blocked.



#NationalSunglassesDay – Wednesday, June 27

Every day millions of Americans make the conscious decision to not wear sunglasses or other UV-protective eyewear. While seemingly harmless, this habit carries serious vision risks, many of which are not known or understood by those who fail to wear protective frames. Join Healthy St. Pete and celebrate National Sunglasses Day to spread the word that sunglasses are key to long-term eye health. Aside from protecting your eyes from UV rays, sunglasses also help protect from sand and dust and prevent your eyes from drying out. Polarized lenses make vision sharper and even more comfortable because they do a great job reducing glare off horizontal surfaces.

ENTER TO WIN! Stop by St. Pete Running Company to pick up a pair of their popular goodr® running sunglasses for 25% off (June 25-27 only). goodr® sunglasses are non-slip, non-bounce, polarized, fashionable and affordable. Be sure to post a #SunglassSelfie (in goodr® glasses or your favorites) to your social media account and tag #NationalSunglassesDay, #HealthyStPete and #StPeteRunningCompany. Everyone who participates will be entered to win a Healthy St. Pete prize pack (winner to be chosen on Fri., June 29).