Nurse Maryellen Maguire-Eisen started the Sun Protection Foundation to make people aware of the dangers of the sun and skin cancer. The good news: She says sun is actually good for you. We talked with her for tips on how to stay safe in the sun.

**Question** When do we need to apply sunscreen?

**Answer** Apply sunscreen if the UV Index is less than three. In March through October we usually experience ultraviolet light intensity in this range in New England. The UV Index can be checked daily in the newspaper or online at www.epa.gov/sunwise/overview.html.

Q. Besides using sunscreen what else can we do to protect us from the sun?
A. Plan activities around peak UV intensities. If it is going to be a high UV day (less than 6) you should try to limit mid-day exposure. If you can't avoid exposure, wear protective clothing.

Q. Does wearing sunglasses and a hat help?
A. The areas of our body that receive the most sunlight during our lifetime are our face and hands. Wearing hats and sunglasses daily are two of the most important things you can do.

Q. Is it safe to go to an indoor salon or use a tanning bed at home?
A. Although the tanning industry tells us indoor tanning is safe it has not been proven to be. Studies show tanning bed users receive excessive ultraviolet light and are being diagnosed with skin cancers related to this use. American Cancer Society, American Academy of Dermatology and American Pediatric Association advise not to use indoor tanning machines.

Q. What benefits does the sun have for us?
A. It makes us feel good. There's nothing better than waking up to a sunny day. Ultraviolet light is also involved in vitamin D metabolism.

Q. What sun safety advice do you have for kids?
A. Never sunburn! Limit time in mid-day sun from 10 a.m. to 3 p.m. Wear sun protective clothing and sunglasses when exposure cannot be avoided. Use shade to reduce exposures.

Q. What is SPF number on sunscreen all about?
A. SPF means Sun Protection Factor. A #15 sunscreen means the person wearing it has 15 times more protection than the person not wearing sunscreen. The person with a #15 sunscreen can stay out 15 times longer without burning than the person without sunscreen.

Q. Do you have a Web site to help kids and schools learn about sun safety?
A. Our website is at www.sunprotectionfoundation.org.