



Did You Know?

Getting sunburnt isn't a good idea, but the sun itself is also vital to our lives. Here are a few fascinating facts...

Certain surfaces can cause sunburn just by reflecting the sun's rays – water reflects 5 to 10% of UV, while sand reflects 15%.

Using a sunbed or solarium can give you UV radiation up to 6 times stronger than the midday sun, so should be avoided.

At its core, the sun's temperature is about 15 million degrees Celsius (about 27 million degrees Fahrenheit).

The sun is the closest star to Earth and is 149.6 million kilometres (92.96 million miles) away.

In ancient Egypt, the sun god Ra was the dominant figure among the high gods. He achieved the highest status because he was believed to have created himself and eight other gods.

The sun isn't solid – it's a ball of hot, burning gases.

There are two types of UV rays that damage skin – *UVA* ages the skin, but *UVB* causes most sunburns and can lead to skin cancers.

'SPF' on a bottle of sunscreen stands for Sun Protection Factor.

Approximately 109 planet Earths would fit onto the surface of the sun; and more than one million planet Earths would fit inside the sun.

An eclipse occurs when the moon passes in front of the sun – it's the perfect size to cover the sun. (It's the only place in the solar system where this occurs!)

Even on overcast, cloudy days, 30% to 40% of the sun's UV rays reach the ground.

The sun is the source of all energy for life on Earth – it makes plants and trees grow to provide oxygen and food for us and animals, so without it we wouldn't be here!

The present age of the sun is estimated to be 4.6 billion years – about halfway through its lifetime.

The most dangerous rays of all are *UVC*, but these are completely blocked out by the Earth's ozone layer.

UV rays reach Earth every day, so you need to be sun sensible all year round – especially as snow can reflect up to 90% of the UV rays and cause sunburn!

Light from the sun reaches Earth in around 8 minutes.

The invisible ultra-violet (UV) radiation in the sun's rays is what 'burns' skin, but it doesn't feel warm – that's why you can burn even on cool days.

FIND OUT MORE ABOUT BEING SUN SENSIBLE AT WWW.SUNSENSE.CO.UK