# Mayo Clinic Minute

## Is Your Skin Safe on Road Trips?

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
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<tbody>
<tr>
<td></td>
<td>Being in the car</td>
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<tr>
<td></td>
<td><em>Sound of door shutting</em></td>
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<td></td>
<td>… doesn't mean …</td>
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<tr>
<td></td>
<td><em>Sound of car starting</em></td>
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<tr>
<td></td>
<td>… being out of the sun</td>
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</table>

**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: newsnetwork.mayoclinic.org | For the Mayo Clinic News Network, I’m Jeff Olsen. |