

Get to know the right way and time to bask in the sun

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HumasUPNVJ - One of the efforts to prevent the transmission of Covid-19 (Corona Virus) apart from exercising is taking time to sunbathe. *Ultraviolet* rays from the sun can help provide vitamin D for the skin and can boost the immune system.

However, information about the right way and the right time to sunbathe for some people is still lacking, so what is the right way and time to bask in the sun? Reporting from <https://www.idntimes.com/> , there are several steps you need to know before sunbathing:

1. Get to know UV rays and their dangers

The sun emits three types of UV rays based on their respective wavelengths, namely UVA, UVB and UVC. UVA is the longest wave while UVC is the shortest.

So what effect does this light have on our health? The three UV rays are actually equally harmful to the skin. The following details the impact according to *the World Health Organization (WHO)* and various other sources:

UVA: responsible for skin aging, causing wrinkles and age spots;

UVB: closely related to cancer, damages skin DNA, reduces the effectiveness of the immune system, and causes sunburn;

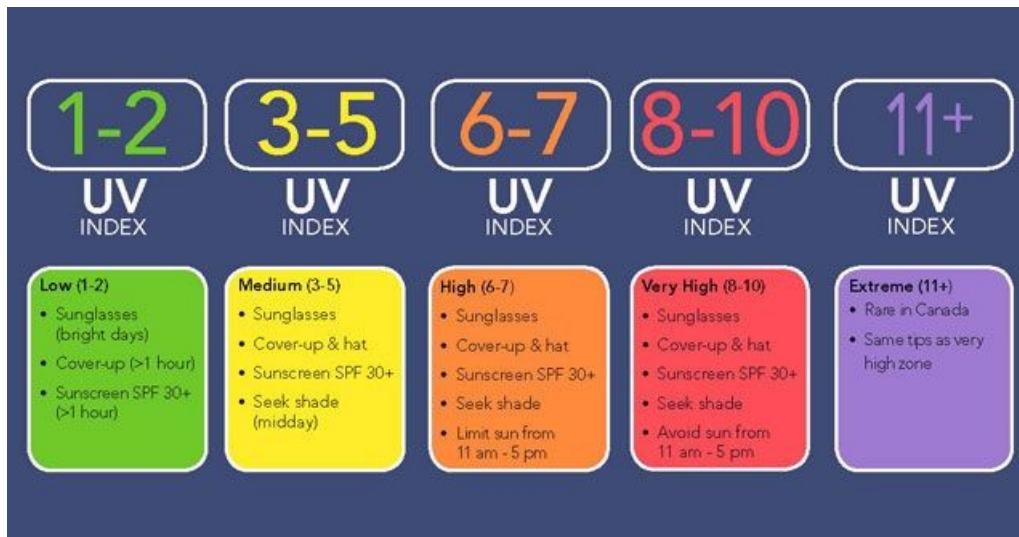
UVC: cannot enter the Earth's surface because it is absorbed by the ozone layer.

2. If UV rays are harmful, is it safe to sunbathe?

Reporting from *Healthline* , it is true that sunlight is a source of vitamin D, a vitamin that has been proven to strengthen our immune system. That is why these substances are often referred to as ' *sunshine vitamins* ' . When the intensity of UV B radiation is relatively low, sunlight is beneficial for the formation of Vit D3 and the immune system in the body, and is safe for humans.

3. Get to know the UV index in Indonesia

WHO divides the UV index into 11 groups (but it can penetrate numbers above that) as shown above. The higher the number, the higher the exposure to UV radiation we get.



The following is the level of risk that is behind each number:

Grades 1 to 2: low risk means the sun is not harmful but you should avoid direct contact for more than two hours;

Grades 3 to 5: moderate risk, meaning the skin will burn within 30 to 60 minutes;

Grades 6 to 7: high risk, meaning it is very dangerous to be in direct sunlight without protection;

Levels 8 to 10: very high risk, meaning we have to wear hats, closed clothes, goggles, and high SPF or not leave the house at all;

Grade 11 and above: extreme risk, meaning you shouldn't leave your house at all.

Unlike in other countries, Indonesia is located on the equator. So do not be surprised if the average UV index in our country is higher.

Quoting data from *Weather Atlas*, Jakarta's average UV index in April can reach 12, which means extreme. The risk of getting skin cancer while sunbathing is very high.

4. Sunbathing from 10.00 to 14.00 cannot be applied in Indonesia

As we know, recently there have been many recommendations for sunbathing circulating in society. The information states that we should be in the sun exposure at 10.00 to 14.00. However, it seems that this recommendation cannot be applied in Indonesia, which has a very high UV index.

Doctor Gahrani Chen, an obstetrics and gynecology specialist, via his Instagram account, explained that in Indonesia, **a good time to sunbathe is before 09.00 am or after 15.00 pm**. But you need to check the level of UV exposure in your area too, is it safe or not. Because before 9 o'clock and after 3 pm, UV exposure is still low. When entering 10:00 to 14:00 noon, UV exposure levels will go up and it's not good for our skin.

5. A good and effective sunbathing tip boosts the immune system

The duration of sunbathing is only between five and 15 minutes, no more than that;

Use *a sunscreen* that contains SPF 30 and above to minimize the risk of skin cancer;

Apply *sunscreen* 15 minutes before sunbathing;

You can do it while exercising lightly.

(*Source*: <https://www.idntimes.com/health/medical/izza-namira-1/cara-dan-cepat-yang-tepat-untuk-berjemur-di-Bawah-matahari-indonesia/full>)

That's the right sunbathing instructions to strengthen the immune system without having to harm our skin. Good luck!
Stay Safe, Stay Healthy! National Greetings.

