Community activities are also helpful in supporting burn survivors and preventing burns. The Aluminum Cans for Burned Children is an exemplary effort based at the Paul and Carol David Foundation Burn Institute in Akron, Ohio.[‡] Activities funded by Aluminum Cans for Burned Children include a Burn Survivors Support Group, Burn Camp, and meetings of Juvenile Firestoppers (for children with fire-setting behavior). Adult weekend retreats and school and family education sessions are a part of this program. The burn center and fire department provide the personnel to present programs.

Sunburn

Sunburn is a common skin injury caused by overexposure to UV light waves—either sunlight or artificial light in the UV range. The sun emits a continuous spectrum of visible and nonvisible light rays that range in length from very short to very long. The shorter, higher frequency waves are more damaging than longer wavelengths, but much of the light is filtered out as it travels through the atmosphere. Of the light that does filter through, **ultraviolet A (UVA) waves** are the longest and cause only minimum burning, but they play a significant role in photosensitive and photoallergic reactions. They are also responsible for premature aging of the skin and potentiate the effects of **ultraviolet B (UVB) waves**, which are shorter and are responsible for tanning, burning, and most of the harmful effects attributed to sunlight, especially skin cancer.

Numerous factors influence the amount of UVB exposure. In North America, the maximum exposure occurs at midday (10 AM to 3 PM), when the distance from the sun to a given spot on the earth is shortest. Solar intensity varies with seasons, time zones, and altitude. Exposure is greater at higher altitudes and near the equator and less when the sky is hazy (although the effect is easily underestimated). Window glass effectively screens out UVB but not UVA. Fresh snow, water, and sand reflect UV rays, especially when the sun is directly overhead.

Excessive or long-term exposure to the sun and UV rays permanently damages the skin. Ninety percent of skin cancers occur in areas of the skin that are exposed to UV rays, and rates of