

Sun Safety: Protect the Skin Your In

While sun safety is never out of season, summer's arrival means picnics, trips to the pool/beach, and a spike in the number of sunburns.

Studies show that exposure to the sun can cause skin cancer. Harmful rays from the sun can also cause eye problems, weaken your immune system, and give you wrinkles.

Damage from sun exposure builds up over time, so sun protection should start at an early age.

Nearly 5 million people are treated for skin cancer each year in the U.S.

Fortunately, most skin cancers can be prevented with precautions.

Remember: Slip, Slop, Slap, Wrap!

Slip on a shirt, **slop** on sunscreen of SPF 15 or higher, **slap** on a wide-brimmed hat, **wrap** on sunglasses.

Reduce Time in the Sun

It's important to limit sun exposure between 10 AM and 2 PM, when the sun rays are strongest. Even on an overcast day, up to 80% of the sun's UV rays can get through the clouds.

Dress with Care

Wear clothes that protect your body. If you plan on being outside on a sunny day, cover as much of your body as possible. Wear a wide-brimmed hat, long sleeves, and pants. Use an umbrella for shade.

Get Serious About Sunscreen

Check product labels to make sure you get sunscreen that is:

- An SPF of 15 or more.
- "Broad spectrum" protection that protects against all skin damage.
- Water resistance sunscreen that stays on longer, even when wet.



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Applying Sunscreen

Apply the recommended amount evenly to all uncovered skin, especially your lips, nose, ears, neck, hands, and feet.

Apply 15 minutes before going out in the sun. And continue to reapply at least every two hours.

If you don't have much hair, apply sunscreen to the top of your head, or wear a hat as often as possible.

Give children extra care in the sun. Apply sunscreen to children older than 6 months each time they go out.

Protect Your Eyes

When buying sunglasses, look for a label that specifically offers 99-100% UV protection.

Eyewear should be labeled "sunglasses." Otherwise, you can't be sure they will offer enough protection.

Wraparound sunglasses offer the most protection. Children should wear real sun glasses that indicate UV protection.

Ask an eyecare professional to test your sunglasses if you don't know their level of UV protection.

Sources: U.S. Food & Drug Administration

CDC – U.S. Department of Health and Human Services

