



FUN IN THE SUN



How to Protect Your Skin from the Sun

Shade - You can reduce your risk of sun damage and skin cancer by staying in the shade like under an umbrella, tree or other shelter. Don't forget to continue to wear sunscreen or protective clothing in the shade.

Clothing - When possible, wear long sleeved shirts and long pants or skirts which can protect you from UV rays. If the weather doesn't allow this, wear a cover-up when possible. Clothes made from tightly woven fabric is best. Wet clothing offers less UV protection than dry clothing and darker colors can offer more protection than lighter colors. Some clothing may even offer UV protection! Wear a Hat - Wear a hat that has a brim all the way around that shades your face, ears and back of your neck. Avoid hats that may have holes that will let sunlight through.

Sunscreen - Use a broad spectrum sunscreen that has an SPF of 15 or higher before you go outside. Use a thick layer of sunscreen and ask for help to reach hard to reach areas if needed. Remember to reapply after swimming, toweling off, or being out in the sun for more than 2 hours. Don't use sunscreen older than 3 years as it does have an expiration date.

Get Screened for Skin Cancer - Some individuals may be more at risk for skin cancer than others. A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancer looks the same. Report any unusual skin changes to your doctor and discuss if you are at an increased risk for skin cancer.

Learn more about sun safety and skin cancer from the CDC.

<https://www.cdc.gov/cancer/skin/index.htm>