"How to" Health Tips



How to Stay Safe in the Sun

HEALTHCARE

ADMINISTRATORS

To protect yourself and your family from the sun, follow these recommendations from the Skin Cancer Foundation and the American Academy of Dermatology:



Stay in the shade or under an umbrella as much as possible. Avoid direct sunlight between 10 AM and 4 PM.

Wear long-sleeved shirts and long pants. Tightly-woven fabrics, synthetic fabrics, and dark or bright colors offer more protection. If you can see light through the fabric, UV rays can get through too.



Wear a hat with a brim that extends 3 inches or more all the way around to shade the face, neck, ears, and the top of the shoulders.

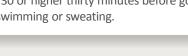


Wear wrap-around sunglasses that are labeled with one or more of the following standards: lenses block 99% or 100% of UVA and UVB rays, UV 400 protection, and/or lenses meet ANSI Z80.3 standards.



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Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, generously apply a water-resistant broad spectrum sunscreen with an SPF of 30 or higher thirty minutes before going outside, every 2 hours, and after swimming or sweating.



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Protecting yourself from the sun's harmful UVA and UVB rays can reduce your risk of:

- Skin cancer
- Cataracts, cancer of the eye, and other eye damage
- Premature aging of the skin including wrinkles, blotchiness and loss of elasticity
- Weakening your immune system