

*“How to” Health Tips*

## How to Stay Safe in the Sun

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.



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.



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