



Sun Safety

What To Know



Summer is the time to soak in the sunshine! By following these sun safety tips, you can protect yourself and your skin from unhealthy sun exposure.

Protect Yourself in the Sun

Sunscreen should always be worn in the sun to help protect your skin, and extra coverage is better.

Sunglasses that block 99-100% of UVA and UVB rays to prevent eye problems.

Wide Brim Hats help protect your scalp and your ears. Still use sunscreen for added protection.

Protective Clothes can help protect you. If you see light pass through your clothes, UV rays can pass through as well!

Seek Shade and avoid the sun's strongest rays usually between 10am and 2pm.

Important Things to Know About Sunscreen

Check the label of your sunscreen to make sure you get the best protection for your skin.

Broad-Spectrum Protection: This sunscreen protects against:

- UVA rays ► contributor to skin cancer and premature aging. Sunscreen without UVA only protects against UVB rays.
- UVB rays ► cause of sunburn.

Sun Protection Factor (SPF): Level of UVB protection of at least 30 or more is recommended by the American Dermatology Association.

Water-Resistant: Sunscreen claims of waterproof, sweat proof, and water-resistant must be paired with the duration of 40 or 80 minutes on the label. Reapply sunscreen at least every 2 hours.

Don't Forget Your Lips!

Lips also need protection, so follow these rules with your lip balm too.

Know Your Skin

Keep an eye out for changes on your skin, like pale wax-like pearly nodules, red scaly sharply outlined patches, and small mole-like growths. If you notice something unusual on your skin contact your doctor or dermatologist.

*These guidelines are provided by the American Association of Dermatology (AAD) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

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Content sourced from ADA at <https://www.aad.org/media/stats-sunscreen>