

Sun Safety

It's important to protect your skin from sun damage throughout the year, no matter the weather. Sun exposure can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer, the most common of all cancers.

LOWER YOUR RISK:

- Limit your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense
- Wear clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats
- Use a broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days
- Apply sunscreen liberally to all uncovered skin, especially your nose, ears, neck, hands, feet, and lips
- Reapply at least every two hours. Apply more often if you're swimming or sweating. (Read the label for your specific sunscreen)
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat

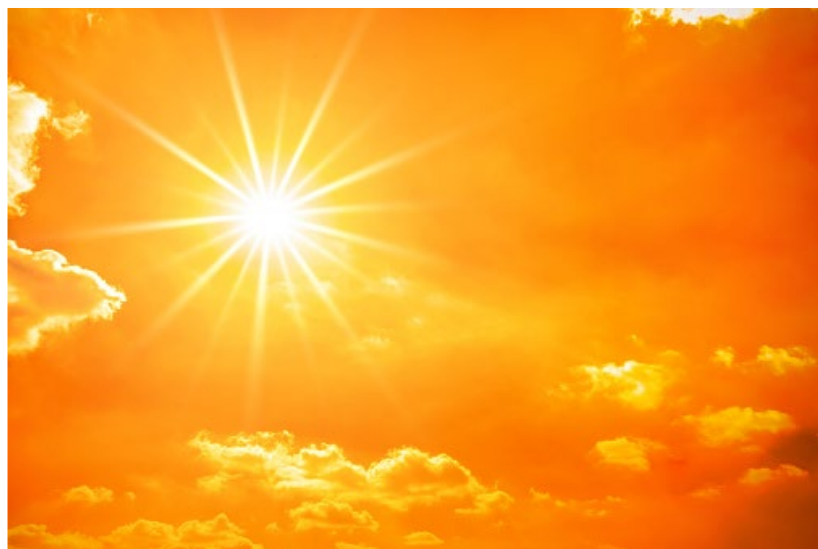
Read Sunscreen Labels

Although UVB rays are the primary cause of sunburn, both UVA and UVB rays contribute to skin cancer. All sunscreens help protect against sunburn. But only those that are **broad spectrum** have been shown to also reduce the risk of skin cancer and early skin aging caused by the sun when used as directed with other sun protection measures.

Risk Factors for Harmful Effects of UV Radiation

People of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself. Be especially careful if you have:

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who has had skin cancer



Protect Your Eyes with Sunglasses

- Choose sunglasses with a UV400 rating or "100% UV protection" on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays
- Don't mistake dark-tinted sunglasses as having UV protection
- Check your children's sunglasses, Toy sunglasses may not have UV protection; so be sure to look for the UV protection label