

## Kick off summer with these sun safety tips



Skin cancer is the most common cancer in the U.S. and 90 percent of skin cancers are preventable. Therefore, the National Council on Skin Cancer Prevention has designated Friday as Don't Fry Day and wants you to celebrate with these small steps to sun safety.

### **Make sunscreen part of your daily routine.**

- Use a broad-spectrum sunscreen with Sun Protection Factor (SPF) 30 or higher for protection from UVA and UVB radiation
- Apply 30 minutes before going outdoors
- Reapply every two hours or more frequently if sweating or in water

### **Wear protective clothing.**

- A wide-brimmed hat and sunglasses.
- Long-sleeved shirt and pants.
- UPF clothing or use a UPF additive in your washer.
- Bonus: a facial covering will protect you from the sun and COVID-19.

### **Be smart around the sun.**

- Stay out of the sun between 10 AM and 4 PM; this is when the sun's rays are the strongest.
- Seek shade when possible from an umbrella, tree, or other shade structure.
- Use extra caution near water, snow, and sand. These surfaces reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Check the UV index before heading outside and protect your skin accordingly.

### **Do not burn or tan.**

- Never tan intentionally.
- Do not use tanning beds.
- Ultraviolet light from the sun and tanning beds causes skin cancer and premature aging.

Doing one of these practices is helpful; doing more is even better and will provide you with more protection. Stay safe out there!