

10 Sun-Smart Habits to Protect Your Skin

- Schedule outdoor time.** When possible, avoid outdoor activities during midday. The sun's ultraviolet rays are the strongest between 10 a.m. and 4 p.m.
- Lather up.** Use sunscreen with an SPF-30 rating or higher. SPF stands for "sun protection factor." A sunscreen with an SPF-30 rating blocks 97 percent of the sun's harmful rays.⁴ Apply sunscreen 30 minutes prior to sun exposure. Reapply every two hours, and after swimming, sweating, or toweling off.
- Cover up.** When appropriate, wear a long-sleeved shirt and long pants. A loose-fitting, tightly woven fabric offers the best protection. If that's not practical, wear at least a T-shirt or beach cover-up. Stick with dark colored cover-ups. Boost your protection by wearing sunscreen under your clothing.
- Top it off.** Wear a hat. A wide-brimmed hat works better than a cap, because it protects your ears and neck. A straw hat with holes or visor-only cap isn't enough to protect you from the sun's ultraviolet rays.
- Shield your eyes.** Look for shades that provide 100-percent UV protection. Wrap-around lenses work the best, because they keep the sun's rays from sneaking in from the side or from behind your glasses.
- Be sun smart for your baby.** Keep babies under six months



old out of the sun. They sunburn easily because their skin is thin and delicate. Shade, sunscreen, and clothes to cover up will protect your baby from sunburn and skin damage.

- Skip tanning beds.** Tanning beds produce concentrated ultraviolet radiation that can damage your skin. A single tanning-bed session increases your risk for skin cancer by up to 69 percent, compared to people who don't use tanning beds.⁵
- Stay dry and cover up.** A wet light-colored T-shirt offers little more UV protection than wearing no shirt at all. If you're swimming or playing the water, dry off when you're done and cover up.
- Look for shade** whenever possible, before you need relief from the sun. If there isn't any shade where you're at, consider setting up a tent, tarp or canopy to make your own shade.
- Don't be fooled by cloudy skies.** UV rays pass through clouds and reflect off the sand, water, concrete, and snow. Even if it's cloudy or you're in the shade, the rays can still reach you. When you're outside, remember to wear sunscreen and lip screen, too.



Most cases of skin cancer and skin damage develop over time, after years of sun exposure without proper protection. But it doesn't have to be

The Not-So Sunny Side of Skin Damage

Spend the day at the beach. Lay out in the sun next to the pool. Work outside. Go golfing, or head outdoors for your favorite sport, hike, or day-trip.

Being outside is a great way to stay active. But too much time in the sun can be harmful to your skin, your vision, and your health.

Without proper protection, the sun's ultraviolet rays can cause:³

- Sunburn
- Rashes, itchiness, and dryness
- Wrinkles, loss of collagen and skin elasticity
- Sun spots, freckles, and skin discoloration
- Vision damage
- Skin cancer

Tips to stay safe in the sun
<https://tinyurl.com/y99rpehr>

that way. The next time you head outside, protect your skin from the sun. Your skin will be healthier, and you'll have many sunny days ahead.

Reduce your risk for skin cancer
<https://tinyurl.com/y99rpehr>

References

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