

Sun Safety



Keep yourself and your family safe in the sun

When the weather warms up, you can boost your health with outdoor activity. But while you're having fun in the sun, you'll need to take action to keep your skin safe from the sun's harmful UV rays. You should also protect your skin year round, even in the winter. This is especially true if:

- You have fair skin.
- You have a lot of moles or freckles.
- You've been treated for skin cancer in the past.
- You have a family history of skin cancer.

If you have children younger than six months, it's best to keep them out of direct sunshine.

To learn more about how to prevent skin cancer, you can visit the American Cancer Society at www.cancer.org.

Follow these easy ways to stay sun-safe

It's a snap to keep yourself and your family safe and healthy. You can:

- **Wear sunscreen.** It's important to choose a sunscreen with at least an SPF of 30. You'll need to follow the product guide on the bottle to be sure you use enough. You should reapply sunscreen after you swim.
- **Cover up.** You can limit the time your skin spends in the sun by covering up with clothing. If possible, you should choose dark colors for more protection. You can use a wide-brimmed hat to protect your face, neck and shoulders.
- **Wear sunglasses.** You should choose sunglasses that block 99–100 percent of UV rays. Just check the label to be sure. Your best choice for the most protection is wrap-around styles.
- **Avoid sunlamps.** Other than being outside, you can help keep your skin healthy by staying away from sunlamps and indoor tanning beds. These can be just as harmful to your skin as too much sun outdoors.
- **See your doctor for regular check-ups.** Each year, it's important to have a physical with your family doctor. As part of your yearly visit, your doctor will screen you for possible signs of skin cancer. This can help you stay healthy, or catch skin cancer as early as possible.

This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult your healthcare provider with any questions you have about your health and/or medical treatment.