



Smart Summer Sun Protection

It's here - Memorial Day Weekend - the unofficial start of summer! Start this season off right by protecting your skin while having fun in the sun.

6 Key Strategies for Sun Protection

1. **Use Sunscreen:** Apply a broad-spectrum sunscreen with an SPF of 30 or higher to all exposed skin, even on cloudy days. Reapply every two hours, or more often if swimming or sweating. Use enough sunscreen to cover your entire body; about one ounce (the amount to fill a shot glass) is recommended for full coverage.
2. **Wear Protective Clothing:** Choose long-sleeved shirts and long pants made from tightly woven fabrics. Darker colors and thicker materials provide better UV protection. Consider clothing with an Ultraviolet Protection Factor (UPF) rating for added safety. A wide-brimmed hat can also shield your face, ears, and neck from UV rays.
3. **Seek Shade:** Whenever possible, stay in the shade, especially during peak sun hours between 10 a.m. and 4 p.m. when UV rays are the strongest. Plan your work accordingly by scheduling direct sun work earlier or later in the day. Try to minimize direct sun exposure.
4. **Wear Sunglasses:** Protect your eyes and the sensitive skin around them by wearing sunglasses that block 100% of UVA and UVB rays. Large-framed or wraparound styles offer the best protection.
5. **Be Mindful of Reflective Surfaces:** Water, sand, and concrete can reflect UV rays, increasing your exposure. Take extra precautions when near these surfaces.
6. **Know Your Skin Type:** Understand your skin's sensitivity to the sun. Fair-skinned individuals are more prone to sunburn and should take extra precautions.

By following these guidelines, you can significantly reduce your risk of sunburn, skin damage, and skin cancer while enjoying outdoor activities safely. Always remember that consistent sun protection is key to maintaining healthy skin.

Sources :Centers for Disease Control and Prevention, Kaiser Permanente, American Academy of Dermatology, U.S. Food and Drug Administration