

Sun Smart: Protect Your Skin This Summer

It's important to protect your skin from harmful UV rays that can lead to long-term damage and increase your risk of skin cancer.

As the days get longer and warmer, many of us are eager to spend more time outdoors. While sunshine boosts our mood and helps our bodies produce vitamin D, too much exposure to ultraviolet (UV) rays can **increase the risk** of skin damage and skin cancer. Skin cancer is the **most common cancer** in the United States, but it's also one of the **most preventable**.

Being sun smart doesn't mean avoiding the sun altogether; it means taking **simple steps** to protect your skin while enjoying your favorite outdoor activities. Whether you're at the beach, working in the yard, or just taking a walk, making sun safety part of your **daily routine** can help you stay healthy and **reduce your risk** of long-term damage.

Sun Safety Tips

- 1 **Apply sunscreen** with SPF 30 or higher every day, even on cloudy days. Reapply every 2 hours or after swimming or sweating.
- 2 **Seek shade** between 10 a.m. and 4 p.m., when the sun's rays are the strongest.
- 3 **Wear protective clothing** when exposed to the sun, such as long sleeves, wide-brimmed hats, and UV-blocking sunglasses.
- 4 **Avoid tanning beds** as they can damage your skin as much as the sun.
- 5 **Check your skin regularly** for new or changing spots and talk to your doctor if anything looks unusual.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

