

Safeguard Your Skin This Summer

Simple sun safety habits can help prevent long-term skin damage while reducing the risk of serious health concerns.

July brings longer days and stronger sun exposure, making it an important time to focus on skin protection. Ultraviolet (UV) radiation from the sun can **damage the skin** even on cloudy days, **increasing the risk** of premature aging and skin cancer.

Skin cancer is the **most common cancer** in the United States, with millions of cases diagnosed each year, many of which are **preventable with consistent sun protection**. Taking steps to protect your skin now can help reduce risk and support long-term health. By making sun safety a regular part of your routine, you can maintain healthy skin, prevent unnecessary damage, and promote overall wellness throughout the summer months.

Healthy Habits for Sun Protection



Apply broad-spectrum
sunscreen daily
(SPF 30 or higher)



Wear protective
clothing, including hats
and sunglasses



Seek shade during
peak sun hours
(10 a.m. – 4 p.m.)



Avoid indoor tanning
and other artificial UV
sources

SOURCE: THE CENTERS FOR DISEASE CONTROL AND PREVENTION