



# STAY SAFE IN THE SUN

**July is UV Safety Month. Stay safe in the summer sun with these tips.**

The warm summer sun may feel good on your skin, but it can also be extremely damaging. During the summer months, ultraviolet (UV) rays increase in strength. Extended exposure to UV rays without proper sun protection can lead to sunburn, dehydration, and even skin cancer.

Protecting your skin is a layered approach, and requires more than one method of prevention. Incorporate these tips into your daily routine to keep your skin healthy this summer, and all year long.

Follow these tips to stay safe in the sun:

- 1. Apply sunscreen.** Before going outside, apply sunscreen with broad spectrum protection and a sun protection factor (SPF) of at least 30. SPF 30 sunscreen will protect your skin against sunburn while broad spectrum protection defends against all types of sun rays. Reapply every two hours for the best protection.
- 2. Wear protective clothing.** Clothing and accessories can offer protection against the sun. Wide-brimmed hats and sunglasses shield your face. If it is not too hot, wear long sleeved shirts and pants for additional protection.
- 3. Spend time in the shade.** When you spend time outside, try to find a spot in the shade, such as under a tree or a covered porch. Minimize direct sun exposure from 10 a.m. until 4 p.m. when the sun is the strongest.



- 4. Early detection is key.** Most cases of skin cancer are curable if they are diagnosed and treated early on. The Skin Cancer Foundation recommends annual dermatologist visits and monthly self-exams for all adults. Learn what to look for and how to conduct a self-exam [here](#).

Taking sun protection seriously from an early age is the best defense against skin cancer. Learn more by visiting [www.skincancer.org](http://www.skincancer.org).

# EARLY DETECTION SAVES LIVES