

Sun Safety for Skin Health



Sun safety for summer



Almost 5 million people receive treatment for skin cancer every year in the United States. Skin cancer is the most common form of cancer. Skin cancer can be deadly, serious and expensive. Skin cancer is caused by ultraviolet (UV) rays from the sun or artificial sources such as tanning beds. The damage from UV rays exposure builds up over a period of time. Ultraviolet rays from the sun can damage skin in as little as 15 minutes. The sun does provide a source of Vitamin D when your skin is exposed through cholesterol in the skin.

Sun Safety should start an early age. It's never too late to put these tips to use to protect yourself and your family from the dangerous UV rays.

- ☀️ Seek shade during midday hours from 10 am to 4 pm during the months of March through October, and 9 am – 3 pm November through February. Utilize umbrellas, trees and other means of shelter to avoid the sun.
- ☀️ Wear protective gear when you are outside. Items that you can wear include wide brim hats, sunglasses, long-sleeved shirts, pants, long skirts. When purchasing sunglasses make sure that they block UVA and UVB rays in order to protect your eyes.
- ☀️ If the options are impractical for your setting wear a beach cover-up or T-shirt.
- ☀️ Apply sunscreen when being outside for an extended period of time. Reapply every two hours after swimming, sweating or toweling off. When purchasing sunscreen purchase SPF 15 or higher. Make sure your sunscreen says
- ☀️ UV rays are strongest during near the equator, at high altitudes and during summer months.
- ☀️ Even on a cloudy day or overcast sunburns and skin damage can occur.

The Centers for Disease Control and Prevention encourages you to show your #SunSafeSelfie!

- ☀️ Take a photo of yourself using sun protection
- ☀️ Post it on social media with #SunSafeSelfie
- ☀️ Practice what you post!

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-families.htm

