



# Try these tips to protect your skin and keep it healthy

Protecting yourself from harmful UV rays is one of the best ways to prevent skin cancer. It's important to use sun protection all year round, not just during the summer. UV rays are still harmful on cloudy and hazy days as well as during the winter months. On a day with light cloud cover, up to 80% of harmful UV rays can penetrate the clouds and reach the earth's surface.

## **Stay in the shade**

Stay in the shade, especially during the midday hours (between 10 am and 4 pm) when the sun's rays are the most harmful.

## **Wear clothing that covers arms and legs**

When possible, wear tightly knit fabrics that cover parts of your body that would be in the sun. Regular clothing only offers up to SPF 15 protection, but there is some certified clothing that offers higher UV protection. If you are covering your body with clothing, it is recommended to use other forms of protection, such as sunscreen, as well.

## **Wear a hat**

Wearing a wide brimmed hat can provide shade for your face, head, ears and neck.

## **Wear sunglasses**

Too much exposure to UV rays can damage your eyes and increase your risk of developing certain diseases such as cataracts and eye cancer. Choose sunglasses that block both UVA and UVB rays.

## **Use sunscreen**

Look for a sunscreen that contains at least an SPF of 30 or higher, has both UVA and UVB protection and is water resistant. Apply sunscreen 15 minutes before you are in the sun, as it takes up to 15 minutes for sunscreen to absorb into the skin and provide protection. Remember to reapply if you are out in the sun for more than two hours or after swimming, sweating or toweling off.

Call your health center to make an appointment.  
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