



Protecting Your Skin from the Sun

Protecting your skin from the sun may decrease your chances of getting skin cancer and help prevent wrinkles and skin damage. While people with lighter skin tend to burn more easily, EVERYONE should use sun protection, no matter what color your skin is. Follow these ABCs:

A (Away)

- Stay out of the sun during peak hours of UV radiation (between 10 a.m.–4 p.m.).
- Use extra caution when in sand, snow or water. These surfaces can reflect 85% of the sun's rays.
- Avoid artificial sources of UVA radiation such as sunlamps and tanning booths.

B (Block):

- Wear broad-spectrum sunscreen with an SPF of 30 or higher every day, and follow directions on the label for applying and reapplying. If you are going swimming or sweat a lot, use a sunscreen labeled "water-resistant."
- Use protective lip balm of SPF 30 or higher to protect your lips.

C (Cover up)

- Wear wraparound sunglasses that block at least 99% of UVA and UVB radiation.
- Wear protective clothing. This may include: wide-brimmed hats to protect your face and neck; dark clothes with dyes added to help absorb UV radiation; loose-fitting, long-sleeved clothes to cover as much skin as possible; and clothes with SPF in the fabric that won't wash out.