

sun safety

- **SPF 30 or higher**
look for at least SPF 30 but SPF 50 for best protection against the sun—be aware any SPF higher than 50 is not proven to provide more protection



- **water resistant**
use a sunscreen that is water resistant to help protect you when you are having fun in the pool or going for a jog—remember to reapply after 80 minutes for the best protection

bottle is best

bottles and lotions are best for your skin as opposed to sticks or sprays that may not rub in well—plus you have a better chance of using the recommended 1 oz. needed to cover your skin (make sure to reapply every two hours)

- **sun rays are sun rays**
sunscreen that has protection from both UVA/UVB rays is best to help protect you from burns and premature aging
UVA - causes wrinkles and cancer in the deepest part of the skin
UVB - causes sunburns

- **rain or shine** 
apply sunscreen 365 days a year—face and neck—rain or shine because UVA/UVB rays still shine through on cloudy days—up to 80 percent



- **dark clothing best**
wear loose fitting, dark colored, tightly woven, dry, shirts and pants for best protection against the sun

- **sun exposure**
clothes can reduce sun exposure by as much as 15 SPF



- **shades**
wear sunglasses to protect against UV lights and prevent cataracts (make sure to check when buying sunglasses that they protect against both UVA and UVB rays)

- **sun everywhere**
sun exposure is everywhere, not just outside—in your car, in your house, near a window, walking to a different building, and even in the rain—be sure to apply sunscreen everyday



- **6 hour window**
10 a.m. - 4 p.m. is the most likely time to have harmful sun exposure—be sure to be extra protected during these hours

hats



wear hats and apply sunscreen when wearing baseball caps that do not cover the neck and ears

65

65+

risk for skin cancer increases at age 65—be sure to check moles and skin abnormalities (to check for abnormalities, use a full length mirror and be sure to check both front and back of the body)