

How to Stay Sun Safe Outside

Skin cancer is the most common cancer in the United States and affects individuals no matter which race, gender or age. Exposure to ultraviolet (UV) rays can increase the risk for skin cancer. Any change in skin color is a sign of potential sun damage, even without getting sunburnt! Consider these tips to protect you and your loved ones from the sun's harmful rays.

- Be vigilant with sun protection between 10 a.m. and 2 p.m. when the sun's rays are strongest.
- Apply sunscreen with a sun protection factor (SPF) 30 or higher at least 15 minutes before going outside.
- Seek shade to help avoid some of the sun's rays.
- Practice sun safe behaviors year round, even on cold and cloudy days. On cloudy days up to 80 percent of the sun's rays come through the clouds.
- Wear sunglasses that protect 100 percent of UVA and UVB rays.
- Protect your lips from the sun by wearing a lip balm with an SPF 30 or higher.
- Wear sun safe clothes to protect the skin from exposure to the sun. These include a wide-brimmed hat, long-sleeved shirt and full length pants.
- Move outside jobs, inside or to a shady location when possible. Set up a temporary shelter such as a pop-up canopy or use the shadow of trees and buildings.

It is important to practice sun safe behaviors year round in order to be protected from an increased risk for skin cancer. To determine your risk for skin cancer, take the quiz on the main page of GetSunSmart.org. To order a free Get Sun Smart kit, visit GetSunSmart.org or call 410-222-7979.