



Protect Your Skin This Summer

Why is the sun good for you?

The sun is a great way to get your daily dose of vitamin D, however too much sun can be a bad thing. We really only need 10-15 minutes of sun exposure to get the daily requirement of Vitamin D. After that, the focus should shift to protecting yourself from the sun and the risks of over exposure (Sun and Skin 2017).

How can you protect yourself?

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Apply a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage (CDC 2019).

How does sunscreen work?

Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor (CDC 2019).

Which sunscreen should you use?

Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15 (CDC 2019).

Is there anything else?

Yes!

Sunscreen does wear off. Remember to reapply if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off (CDC 2019).

Check the sunscreen's expiration date. Sunscreen has a shelf life of no more than three years, but its shelf life can be shorter if it has been exposed to high temperatures (CDC 2019).

Source:

Sun and Skin. (2017, September 08). Retrieved from <https://newsinhealth.nih.gov/2014/07/sun-skin>

Sun Safety | Skin Cancer | CDC. (n.d.). Retrieved June 11, 2019, from https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

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