

SUN DAMAGE



Sun Damage ☀

We are rapidly approaching the beginning of Summertime. As you may have noticed, we have already begun seeing a rise in temperatures. There are a few days this week hitting close to 90°! As it begins to get warmer outside, it is important to take precautions to **protect your skin** from sun damage.

UV Rays ☀

Most skin cancers are caused by too much exposure to **UV rays**. They are invisible rays that come from the sun, tanning beds, and sunlamps. UV rays can damage the skin. Although it is important to gather some sun for things like **Vitamin D**, make sure you are taking precautions that can protect your skin from the damage sun can cause.

☀ Here's What You Can Do!



Wear Sunscreen

Make it a daily habit to wear sunscreen on every body part that is exposed to the sun. It is recommended to wear sunblock with an SPF of 30 or higher. Make sure to reapply throughout the day!

Wear a Hat or Visor

If you are planning to spend some time outside, consider wearing a hat or visor to cover your eyes and face. Protective clothing that covers sensitive areas can also be helpful.



Seek Shade

Seek out the shade to enjoy a cool breeze on a hot day.

Protect Your Eyes

Sunglasses can protect your sensitive eyes by blocking UVA and UVB rays.



Limit Sun Exposure

Avoid spending too much time directly under the sun from 10AM to 3PM when the sun is at its peak.

Did You Know?

- Sun exposure is the leading cause of skin cancer.
- Sun damage is to blame for up to 90% of the visible signs of aging.
- Protection from UV rays is important all year, including colder seasons. UV rays can still reach you even on cloudy days.



Pro Tip:

Use the shadow rule. If your shadow is shorter than you are, this means the sun is at its strongest. It may be time to head inside or find shade.

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