

SUNDAY MORNING Health Corner

Sun Safety

Did you know that everyone, regardless of skin color, needs to use sunscreen? During UV Safety Awareness Month, let's take time to make a commitment to protect our skin from the sun and reduce the risk of sun cancer.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun. UV rays can damage skin cells.

Sun Protection Tips

Sunscreen – Use broad spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin.

Shade – You can reduce the risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter.

Clothing – When possible, wear long-sleeved shirts, long pants and skirts, which can provide protection from UV rays.

Hat - For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck.

Sunglasses - Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.



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