

## **Summer Sun Tips**

As we get into the heat of summer, a few simple actions can go a long way in protecting your skin:

- **Do Not Burn**  
Five or more sunburns significantly increases your risk of developing skin cancer.
- **Avoid Sun Tanning and Tanning Beds**  
UV light from tanning beds and the sun causes skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.
- **Generously Apply Sunscreen**  
Generously apply sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.
- **Wear Protective Clothing**  
Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible.
- **Seek Shade**  
Seek shade when appropriate remembering that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

Remember the shadow rule when in the sun: Watch Your Shadow. No Shadow, Seek Shade!

- **Use Extra Caution Near Water, Snow and Sand**  
Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Watch for the UV Index**  
The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. Developed by the National Weather Service (NWS) and EPA, the UV Index is issued daily in selected cities across the United States.
- **Get Vitamin D Safely**  
Get vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

Early detection of melanoma can save your life. A new or changing mole in an adult should be evaluated by a dermatologist.

Compiled by St. Andrew's Health Center staff referencing [www.epa.gov/sunwise](http://www.epa.gov/sunwise). Please visit our website at [www.standrewshealth.com](http://www.standrewshealth.com).