

HEALTHY SKIN DOs & DON'Ts

Remember these protection tips so you can have more fun in the sun.

DO

Seek the shade between 10AM and 4PM.

DON'T

Forget to apply sunscreen to those often missed spots like your ears, scalp, under your eyes, lips, the top of your hands, feet, shoulders, neck, behind your knees and especially your back!

DO

Use a sunscreen with an SPF of 15 or higher every day.

DON'T

Forget to wear long-sleeved shirts, pants, and a hat with a three inch-wide brim all around that can protect your face and neck. UV-blocking sunglasses are a must as well.

DO

Use a sunscreen that filters out both UVA and UVB rays.

DON'T

Leave the house before applying 1 ounce (2 tablespoons) of sunscreen to the entire body 30 minutes before going outside.

DO

Avoid tanning and UV tanning booths, even if your friends are doing it.

DO

Remember to reapply sunscreen after two hours outside, or immediately after swimming or sweating.

DON'T

Be fooled by a cloudy day—the sun's harmful UV rays can penetrate through clouds and even a thick fog!

DON'T

Burn.

DO

Know your skin type. Take a quick skin type quiz at www.skincancer.org/school

DO

Remember these other sun-safety tips:

- UVB rays, the primary cause of sunburn, are strongest during summer, but all UV rays can cause damage year-round.
- Extra protection is required at high altitudes, where the air and cloud cover are thinner, allowing more damaging UV rays to get through the atmosphere. For every 1,000 feet of altitude, UV exposure increases 8-10 percent.
- Sand, water, snow, ice, and other bright surfaces reflect UV and increase your UV exposure by up to 80 percent.
- Melanoma, the deadliest form of skin cancer, can run in families, so if a close family member has had melanoma, see a dermatologist once a year if you're 10 or older, or earlier if you have many moles.
- Have moles checked as part of any physical exam, and see the doctor if a mole or spot on your skin has changed.
- Tightly woven, bright- or dark-colored clothes are best at protecting your skin—pastels, bleached cottons and whites let in the most UV radiation. For extra protection, wear clothing with a high Ultraviolet Protection Factor (UPF) level. UPF rates a fabric's ability to protect you from harmful rays. For instance, a shirt with a UPF of 50 will let in just 1/50th of the sun's UV radiation.