SUN SMART STEPS

Seek Shade
Play it safe in the shade whenever possible and avoid midday sun. UV rays are especially strong between 10 a.m. and 4 p.m.

Cover Up
Make your own shade with a wide-brimmed hat and long-sleeved shirts and pants. Baseball caps and visors shade the face but leave the neck, lower face, and ears exposed. A broad-brimmed hat can help prevent skin cancer in these areas.

Learn Not To Burn!
Just one blistering sunburn when you're a child or teen more than doubles your risk of developing melanoma (the deadliest form of skin cancer) later in life. Protecting yourself with sunscreen every day may be the smartest thing you can do for yourself!

Don't Use Tanning Beds
Indoor tanning poses an even greater risk of causing skin cancer than sun exposure.

Use Sunscreen Every Day
UV rays are strongest during summer, but they can cause damage year-round. Use 2 tablespoons of a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day-in every season-no matter what your skin color. For extended outdoor activity, use a water-resistant, broad spectrum sunscreen with an SPF of 30 or higher. Be sure to reapply every 2 hours or after swimming or sweating.

Wear Sunglasses
Protect your eyes with UV-blocking sunglasses.