

## “SUMMER SUN SAFETY” MONTH: 3 TIPS ON PROTECTING YOURSELF FROM SUN DAMAGE

---



### SUNSCREEN

---

Sun Protection Factor (SPF): Measure of time it would take for your skin to start burning without any sunscreen

65% Melanoma & up to 90% Non-Melanoma Skin Cancers are caused by UV radiation

A broad spectrum sunscreen that filters both UVA and UVB rays offers the best protection



### SUNGLASSES

---

Reflected sunlight from water, sand, and cement may heighten damage to your skin and eyes

Not wearing sunglasses may result in cataracts, macular degeneration, and pterygium

Look for sunglasses that provide 100% UV protection to block both UVA and UVB rays in a wraparound style



### SUNLIGHT HOURS

---

Sunlight's invisible UV rays are strongest during the mid-day hours

UV radiation is greater at high altitudes; close to the equator; near water, snow, and sand; and can reach through clouds and beneath the water's surface

Seek shade between 10:00 am and 4:00 pm when solar radiation is most intense