

# HERE'S TO HEALTH

## Ways to Protect Your Skin:

- Wear sunscreen everyday. It should have a SPF of 30 and say "broad spectrum" on the label.
- Reapply sunscreen every 80 minutes.
- Wear sunglasses with total UV protection.
- Check your skin regularly so you know what's normal and notice skin changes.
- Choose cosmetics and contact lenses that offer UV protection.
- If you're a parent, protect your child's skin and practice those habits together.

Anyone can get skin cancer. The most preventable cause of skin cancer is overexposure to ultraviolet (UV) light, from the sun or from artificial sources like tanning beds.



Apply sunscreen **before putting on clothes** to prevent missing any spots



Keep an eye on **sunscreen expiration dates** – ingredients lose effectiveness over time



Try to use **water-resistant sunscreen**, which offers protection if you sweat or swim



To protect your lips, **apply lip balm** that contains sunscreen



Choose sunscreen that offers **broad-spectrum (UVA and UVB) protection**



Wear UV-blocking **sunglasses** and a **broad-brimmed hat** to protect your eyes from sun damage

Sources: CDC; American Academy of Dermatology

## SUN SAFETY EDITION

The sun is the best way to get vitamin D, which your body needs to absorb calcium. 15 minutes in the sun a day can help you achieve your vitamin D goal.

  
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Vitamin D keeps the nerves and immune system working. Sun rays hitting the skin are processed inside the tissue which starts making vitamin D for the body.

Nearly 9,000 people die from melanoma each year.

\$8.1 billion is the estimated annual cost of skin cancer treatment.

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)