



## Know the Facts

## Health



### Protect your skin from the sun

Skin cancer is the most common form of cancer. The majority of skin cancer types are caused by overexposure to ultraviolet (UV) light.

### Ultraviolet (UV) Light

Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells. The three types of UV rays are ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). UV rays can reach deep into human skin, cause damage to connective tissue and skin's DNA. Too much exposure to UV rays can cause sunburn, change skin texture, cause the skin to age prematurely, and can lead to skin cancer. UV rays also have been linked to eye conditions such as cataracts.

### Who is more sensitive to sun exposure?

- A lighter natural skin color.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and a large number of moles.
- A family or personal history of skin cancer.

#### Sources:

- [https://www.cdc.gov/cancer/skin/basic\\_info/what-is-skin-cancer.htm](https://www.cdc.gov/cancer/skin/basic_info/what-is-skin-cancer.htm)
- <https://www.skincancer.org/prevention/sun-protection/prevention-guidelines>
- [https://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](https://www.cdc.gov/cancer/skin/basic_info/prevention.htm)

#### Picture source: <a

href="https://www.cdc.gov/cancer/skin/basic\_info/protect\_infographic.htm?s\_cid=cancer\_protect\_skin\_FB\_01"></a>

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### How can you protect your skin from the sun:

- ✓ Seek the **shade**, especially between 10 AM and 4 PM.
- ✓ Don't get sunburned.
- ✓ **Avoid tanning** and never use UV tanning beds.
- ✓ **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- ✓ Use a broad spectrum (UVA/UVB) **sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- ✓ Apply 1 ounce (2 tablespoons) of sunscreen to your entire body **30 minutes before** going outside. Reapply every two hours or after swimming or excessive sweating.
- ✓ **Examine your skin** head-to-toe every month.
- ✓ See a **dermatologist** at least once a year for a professional skin exam.
- ✓ **Wear sunglasses** that wrap around and block both UVA and UVB rays.



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