

Living Well Tip of the Week



1 in 5 Americans will develop some form of skin cancer during their lifetime.

(American Academy of Dermatology)

IMPORTANT Sun Protection Tips

- ☀️ Check your local paper daily for the UV index. The higher the number, the greater the need for eye & skin protection.
- ☀️ Avoid sun exposure between 10 am & 3 pm, when the sun's rays are strongest
- ☀️ Wear a sunscreen with both UVA & UVB protection and that has an SPF of 15 or greater, even on cloudy days. Apply often.
- ☀️ Wear sunglasses that have UVA & UVB protection.
- ☀️ Cover up when possible. Wear a broad-brimmed hat, long-sleeved shirt & long pant.

Indoor Tanning is No Safer than Sun Tanning!

The UV radiation emitted by indoor tanning lamps is many times more intense than natural sunlight. Dangers include burns, premature aging of the skin, & the increased risk of skin cancer.

For more information on protecting yourself from the sun log onto www.webmdhealth.com/ut, select "Health Topics" and type "Skin Health"