

Living Well Tip of the Week

Protection from sun exposure



Protection from sun exposure is important all year round, not just during the summer or at the beach. Ultraviolet (UV) rays can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand, and snow.

Guidelines for prevention for sun protection:

- ✓ Seek shade, especially during midday hours.
- ✓ Wear clothing to protect exposed skin.
- ✓ Wear a hat with a wide brim to shade the face, head, ears, and neck.
- ✓ Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- ✓ Use sunscreen with sun protective factor (SPF) 30 or higher, and both [UVA](#) and [UVB](#) protection.

Find Out More About Sun Protection and Skin Cancer Prevention through www.webmdhealth.com/ut*, select “Health Topics” and type “Sun or Skin Cancer”