



The key to enjoying the sun sensibly, is finding a balance between sun protection and those great outdoor activities we enjoy. According to studies by the Centers for Disease Control, exposure to the sun during childhood and adolescence typically plays a critical role in the development of skin cancer as an adult.

Here are some tips to enjoy the great outdoors while protecting your skin and eyes from sun damage:

Wear sunscreen with an SPF of at least 15 every day, even on cloudy days and even when you don't plan on spending much time outdoors.

Sunscreens or sunblocks, which block or change the effect of the sun's harmful rays, are one of your best defenses against sun damage because they protect you without interfering with your comfort and activity levels. Wearing sunscreen every day is essential because as much as 80% of sun exposure is incidental — the type you get from walking your dog or eating lunch outside. So even if you don't get a sunburn, UVA rays could still be doing unseen damage to your skin.

Reapply sunscreen every 2 hours especially after swimming, sweating or exercise.

In direct sun, wear a sunscreen with a higher SPF, like SPF 30. While playing sports, use sunscreen that's waterproof and sweat-proof, but still reapply sunscreen every 1½ to 2 hours.

Wear a hat with a brim and sunglasses that provide almost 100% protection against ultraviolet radiation.

If you choose to wear a baseball cap rather than a hat with a brim, sunscreen should still be used to protect the ears and neck.

Please encourage your children to be sun smart for their health and future. You may find additional information at www.cdc.gov/cancer.