



## HEALTHY LIVING TIP SAFE SUN PRACTICES

Sun protection is important year-round in South Florida. As we head into summer, now is the time to fine tune our habits to minimize the damaging effects of sun exposure and reduce the risk of developing skin cancer, which is predominantly caused by overexposure to UV radiation.

- ☀️ **The Right Sunscreen:** Be sure to read the label to choose a sunscreen with broad spectrum protection (against both UVA and UVB rays) and with an SPF factor of 30 or higher. Some of the key ingredients include zinc oxide, titanium dioxide, ecamsule, and avobenzone (Parsol 1789). Check expiration dates to be sure it is still effective.
- ☀️ **Seek shade:** Limit sun exposure by avoiding the outdoors or direct sunlight for long periods, especially during the hot summer months. UV light is strongest between the hours of 10 a.m. and 4 p.m.
- ☀️ **Cover your skin:** Clothes, especially fabric that has a UV protection factor (UPV), provide another layer of sun protection. Read the labels to find lightweight, comfortable clothing that offer UPV protection to cover up.
- ☀️ **Wear a hat:** A hat, especially one that has a 2 – 3-inch brim all around is ideal, as it protects areas that are often exposed to intense sun, such as ears, forehead, nose and scalp.
- ☀️ **Sunglasses that block UV rays:** The skin around the eyes, as well as the eyes themselves, need to be protected, too. Check the label to make sure the glasses block UV rays. If there is no label, do not assume sun protection is provided.

*Information from the American Cancer Society, the American Academy of Dermatology and the Skin Cancer Foundation.*

For information on early detection and skin cancer prevention, visit [skincancer.org](http://skincancer.org).



**Protect yourself in five ways from skin cancer**