Protecting Yourself in the Sun

Being out in the nice warm sun feels great and it's good for your health.

But the sun's UV rays can be harmful to your skin and can even cause skin cancer.

Follow this checklist to enjoy your time in the sun safely.

Do: Use sunscreen when you are outside, even on days that are overcast or cool.

Do: Wear protective clothing. Nowadays many clothes come with UV protection. Cover up and do it in style.

Do: Stay in the shade when you can, like under a tree or an umbrella at the beach. This can help keep you cool and protect your skin.

Do: Wear a hat and sunglasses. These help to protect your face and eyes from the UV rays of the sun.

Do not: Choose a sunscreen with too little protection. The magic SPF number is 30 but depending on your skin, you may need a higher number.

Do not: Forget to reapply sunscreen if you have been outside for more than two hours or have been in the water.

Do not: Avoid wearing protective clothing so you can work on your "tan". Staying safe is more important than risking your health.

Enjoy your time in the sun. It is good for you! But follow this checklist each time you go outside to be safe.