



# Let's Talk about:

## *Sun Safety*



Hi CCS Community!

I don't know about you, but I am ready for summer! As we get closer to warmer days and endless creemies, I thought I would use this post to remind everyone about the importance of staying safe in the sun.

### **Why is it important to protect ourselves from the sun?**

Although it can be tempting to bask in the sun all day after a long, cold winter, too much time in the sun can predispose you to certain types of skin cancer. Skin cancers evolve from too much exposure to the UV lights emitted by the sun. But never fear! There are ways to spend time outside while staying protected from UV light.

### **Sun Safety Tips**

#### *Pick a high SPF Sunscreen*

The American Academy of Dermatology (skin doctors) recommends that everyone use a sunscreen that is SPF 30 or higher, water resistant and broad-spectrum (covers UVB and UVA).

#### *When to go outside*

The sun's rays are most powerful between 10am–2pm. It is best to pick places in the shade during these hours to limit your direct sun exposure.

#### *What to wear*

Sunglasses to protect your eyes

Wide brimmed hat

Lightweight/long sleeve shirt

Bring an umbrella for shade

#### *Other important tips!*

Don't forget to protect your lips! Skin cancer can form on the lips, so make sure you are using lip balm with SPF 30 or higher. Treat it just like your skin.

Avoid tanning beds – if the sun is powerful and can harm your skin, imagine the damage that a tanning bed can do. There are other safer ways to appear tanner such as applying tanning lotions.

Remember to reapply sunscreen every 2 hours, especially after you go swimming.

Let me know what you are looking forward to the most this summer!

