

UV Protection for the Skin



Nothing beats a sunny day! The sun boosts our mood, energy, and helps our body function well. However, we must protect ourselves from the harmful rays the sun emits, as they can lead to skin cancer, premature aging, and eye damage.

Ultraviolet (UV) rays, emitted by the sun, are needed to help us make vitamin D in our body. However, unprotected skin exposure to UV rays can increase the risk of developing wrinkles, freckles, liver spots, skin discoloration, and other skin issues, like skin cancer. There are different types of UV rays. Unprotected skin exposure to UV-A and UV-B rays can lead to skin cancer.

There are multiple ways to protect your skin from the sun to keep it healthy.

- 1) **Wear clothing that covers your skin.** Many new fabrics offer high-tech protection and breathability. Look for clothing with a “UV Protection Factor” (UPF) label. The UPF scale ranges from 15 to 50+, the higher the number, the better the clothing is at protecting your skin from the sun.
- 2) **Wear a hat that has wide brims.** Choose hats that cover your eyes, ears, face and neck. Hats with 2-to-3-inch brims are ideal for sun protection.
- 3) **Limit direct sun exposure and stay in the shade.** Walk on the shady side of the street or stay under trees or covers, especially between 10 AM – 4 PM. Carry an umbrella to create shade anywhere you go.
- 4) **Use sunscreen.** Choose sunscreens that are SPF 30+ and above, water resistant, and broad spectrum to protect you from both UV-A and UV-B rays. Apply every day and reapply every two hours. Use lip balm with at least SPF 15.
- 5) **Do not use tanning beds.** Tanning beds emit UV rays that can cause skin cancer. Try using self-tanning products with sunscreen in them instead.

Enjoy being outdoors while protecting your skin from UV rays. With simple and consistent habits, you can keep your skin healthy!

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