

Q.

What are the best ways to protect my skin from the sun?

A.

Let's start with this... If you're going to be in the sun for longer than 15 minutes, you need to protect your skin.

One in five people will develop skin cancer by age 70.¹ But it's largely preventable if you protect your skin from too much sun.

Here's what NOT to do: Take sunscreen pills.

The U.S. Food and Drug Administration recently cracked down on companies selling these supplements.²

It's true. Sunscreen lotion or sprays take time to apply. But they're one of your best defenses from the sun's harmful rays. And there isn't a quick fix.

"Companies are putting people's health at risk by giving consumers a false sense of security that a dietary supplement could prevent sunburn, reduce early skin aging caused by the sun, or protect from the risks of skin cancer," according to the FDA.

"There's no pill or capsule that can replace your sunscreen."

Here are SIX ways to protect your skin from the sun:



6 WAYS TO BE SUN SMART

1. Use sunscreen

When your skin is exposed to the sun it increases your risk for sunburn, skin cancer, and premature skin aging. But sunscreen can protect your skin from the sun's ultraviolet rays.

2. Read the label

Pick up a bottle of sunscreen, and take a look at the label. You'll see an SPF rating. It stands for Sun Protection Factor. It's a measure of how much ultraviolet light gets to your skin. The higher SPF rating, the more protection the sunscreen provides to a point:

- **SPF 30** blocks 93 percent of the sun's harmful rays
- **SPF 50** blocks 98 percent of the sun's harmful rays Sunscreens with an SPF below 30 don't protect your skin enough. And sunscreens with an SPF above 50 don't provide much, if any, added protection.

3. Apply sunscreen 30 minutes before sun exposure.

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4. Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are the strongest.

5. Wear clothing to cover skin exposed to the sun. For example, long-sleeved shirt, pants, sunglasses, and a broad-brimmed hat.

6. Reapply sunscreen at least every two hours. More often if you're sweating or in and out of water in a pool, lake, or ocean.

Planning to spend some time in the sun for work, a vacation, or a day at the park? Take a little time to protect your skin from the sun to keep your skin healthy. Use sunscreen. Cover up. Find some shade. And you'll reduce your risk for skin damage caused by too much sun.

References

1. Skin Cancer Foundation. (2021). Skin cancer facts and statistics. From: <http://tinyurl.com/7hggad9>
2. Gottlieb, S. (2018). New FDA actions to keep consumers safe from the harmful effects of sun exposure. U.S. Food and Drug Administration. From: <https://tinyurl.com/ya6jtbea>