



## Sun Screen

Sun screen helps prevent skin damage (sun burn) caused by ultra violet (UV) light from the sun. The SPF (sun protection factor) number tells you how strong a sun screen is. The higher the number, the more protection you get. Reapply every 2 hours.



## Sun Wear

Clothes like sun shirts, rash guards, large brim hats, and sunglasses all offer high levels of sun protection. Shop outdoor recreation stores, fishing shops, and online to find the best deals.

## Sun Damage

The sun damages your skin by causing burns, wrinkles, and increasing your risk of developing skin cancer. All sun damage adds up over your lifetime. More damage = more cancer risk.

# Your Skin and The Sun

## Healing

If you do find yourself with a sun burn use lotions and Aloe gels to relieve pain and help skin heal faster. Blistering burns may require a doctor's attention.

## Timing Is Everything

The UV light coming from the sun is most intense from 10 AM to 4 PM. Be sure to wear sun protective clothing or sun screen if you will be outdoors during these times of the day.

## Suspicious Spots

Any new or changing moles and freckles on your skin should be checked by a doctor.

