

# Protect Your Skin This Summer

Basking in the summer sun may feel relaxing, but too much exposure to UV light from the sun or tanning beds can damage your skin and may even lead to certain types of skin cancer.

## Here are some easy ways to stay sun-smart:



Cover up with clothing that protects against UV rays, broad-brimmed hats and sunglasses.



Wear sunscreen with an SPF of at least 30 or higher. Be sure to apply it 15 minutes before going outside and re-apply every 2 hours while outside. Remember it takes about an ounce of sunscreen to cover your whole body.



Stay in the shade, especially when rays are strongest from 10 a.m. to 4 p.m.



Avoid tanning either at the beach or in tanning beds.

So before you go and enjoy the sun, be sure to protect yourself from the rays. Visit [mycare.sharecare.com](https://mycare.sharecare.com).

