

# Burning Facts About Sunscreen



Summer means lazy days lounging on the beach, swimming in the pool, and spending more time outside – with more skin exposed. While the sun’s warm rays feel good on your body, they are bad for your skin.

## The right sunscreen will help protect you from sunburn, aging and skin cancer.

Follow these tips to keep your skin healthy:



### Wear sunscreen every day if you're outside.

Even on cloudy days, the sun’s harmful rays can penetrate your skin. Be sure to wear sunscreen if you are near snow, sand and water. Choose broad-spectrum sunscreen of SPF 30 or higher. Broad spectrum sunscreens help protect you from ultraviolet A (UVA) and ultraviolet B (UVB) rays.



### Protect your lips.

A recent study found that 63 percent of sunscreen users don’t protect their lips – another common spot for skin cancer. Give this delicate skin more protection by applying an SPF 30 lip balm or lip sunscreen alone or under your usual lipstick or gloss.



### Grab a hat.

Wide-brimmed hats will help keep the sun away from your face and the top of your head. Wear sunglasses to protect your eyes. Whether you’re out on the water, doing yardwork, hiking or attending other outdoor events, these sun hats are a useful accessory to have.



## WHAT'S YOUR SUN SAFETY IQ?

Sun safety is not just for vacation. Are you sun-safe every day? Take the American Cancer Society’s quiz and find out. Visit [www.cancer.org/healthy/be-safe-in-sun/sun-safety.html](http://www.cancer.org/healthy/be-safe-in-sun/sun-safety.html) or scan the QR code to find out your sun safety smarts.



SUN SAFETY IQ

### Need a Physician?

Call St. Joseph Health’s Physician Referral Line at (877) 449-DOCS or go to [StJosephHealthMedicalGroup.org](http://StJosephHealthMedicalGroup.org).