



Safe Sun Fun

Mini Challenge



Summer is full of outdoor activities. Frequent application of sunscreen is essential to preventing skin cancer. But do you know you should protect your skin with more than just sunscreen anytime you're outside? Review the list below and complete at least five actions to prepare yourself for warmer weather and healthy sun exposure.

Ensure you have protective clothing and hats. Consider having a tote in your car with appropriate sun protective gear.

Buy the right kind of sunscreen. Look for a broad-spectrum (protective against both UVA and UVB rays) water-resistant, sunscreen. An SPF of at least 30 is recommended.

Avoid indoor tanning. Cancel your indoor tanning subscription. Consistent exposure to these UV rays can easily lead to skin cancer.

Protect your eyes by making sure your sunglasses block both UVA and UVB rays.

Invest in an SPF ChapStick to protect your lips.

Be careful near reflective surfaces. Pools, sand and even snow can reflect the sun causing unexpected sun damage.

Watch the clock and find some shade. UV rays are strongest between 10:00 am and 4:00pm. Find some shade to avoid direct exposure.

Check the expiration date of your sunscreen.

How are you doing?

Take the American Cancer Society's [Sun Safety IQ Quiz](#).

Resources

[Skin Safety Awareness Month](#)
[CDC Skin Cancer Awareness Resources](#)