



Get sun savvy for summer

Tips to protect yourself and loved ones

Spending time outside can be good for your physical and mental health, and some sun exposure is necessary for your body to produce vitamin D. The key is to avoid overexposure to the sun's ultraviolet (UV) rays, which can increase your risk of skin cancer and other health issues. Here are some things to keep in mind:

- UV rays can begin to damage your skin more quickly than you might think. It ranges from as little as 10 minutes for light skin to 60 minutes for dark skin.
- UV rays can reach you on cloudy and cool days. They also reflect off of surfaces like water, snow, cement, and sand.
- About 6.1 million people are treated for skin cancer every year in the U.S. This type of cancer can be serious, expensive, and even life-threatening.
- In addition to causing skin cancer, unprotected exposure to UV rays can damage your eyes and immune system.

The acronym **AWARE** is an easy way to remember to protect yourself—and your loved ones:

- A** - Avoid unprotected exposure to sunlight, including artificial sun (such as tanning beds).
- W** - Wear sun-protective clothing, including a long sleeve shirt, pants, hat, and sunglasses.
- A** - Apply broad-spectrum sunscreen of at least SPF30 every two hours—more frequently if you're sweating or taking part in water activities.
- R** - Routinely examine your skin for changes, and report changes to your healthcare provider.
- E** - Educate your family and community about how to stay sun AWARE.



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