

WELLNESS CONNECTION

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INSPIRE TO MOVE - Summer Sun Safety Month



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August is Summer Sun Safety Month and a perfect time to renew your commitment to [staying safe under the sun](#). It may seem inconvenient to practice sun safety, but taking the time to protect yourself from too much sun exposure now will help you avoid the discomfort of a sunburn and reduce your risk for skin cancer in the future. There are several simple measures you can take to limit your exposure to ultraviolet (UV) rays while enjoying your favorite outdoor activities.

Seek shade. One of the easiest ways to protect yourself from the sun's rays is to stay

out of direct sunlight, especially between the hours of 10 a.m. to 4 p.m. when UV rays are strongest. Shade can come in the form of trees, an umbrella, a pop-up canopy, or even the shadow of buildings. Be aware that even if you are under shade, UV rays can reflect off water and sand, so additional protective measures are recommended.

Wear sunscreen. You know you should wear sunscreen, but it can be easy to skip when you are heading out on an adventure. Find ways to make sunscreen application part of your routine when you are getting ready to spend time in the sun. You might leave a bottle of sunscreen near your keys as a cue to remember to apply it on your way out the door. If you are going to be in the sun all day, set reminders on your phone to help you remember to reapply every two hours. Be sure to read the label of your sunscreen to ensure it protects against both UVA and UVB rays and has a

sun protection factor (SPF) of at least 30. It is also important to coat exposed skin thoroughly for optimal protection. If you experience skin irritation from sunscreen, you may need to try several different brands to find the right product for your skin.

Wear protective clothing. Long sleeve shirts and long pants offer the most UV protection and many clothing brands offer items with an Ultraviolet Protection Factor (UPF) rating that signals what percent of the sun's rays are blocked by the item. For the [most protection from your clothing](#), choose those that are dark or brightly colored, made of densely woven fabric, and are loose-fitting. Wearing a hat with a wide brim can protect your scalp and ears as well as reduce the number of rays that are reflected onto your face from surrounding surfaces. To protect your eyes, look for sunglasses with a label that says "Meets ANSI UV Requirements" to ensure that the glasses block at least 99% of UV rays.

Following these sun safety precautions will allow you to enjoy fun in the sun all summer long!

