

LIMIT YOUR SUN EXPOSURE

It's important to protect your skin from sun damage throughout the year, no matter the weather. Sun damage to the body is caused by ultraviolet (UV) radiation. Sunburn is a type of damage caused by the sun.

You can reduce your risk of sun damage to your skin by:



Use broad-spectrum sunscreens with an SPF value of 15 or higher regularly according to the manufacturer's instructions. Apply sunscreen liberally to all uncovered skin, especially your face, hands and feet.





intense. Seek shade when possible, and consider wearing clothing that covers exposed skin such as a long-sleeved shirt and pants.

eye problems. Sunglasses with a UV400 rating or "100% UV Protection" on the label can help.

Sources: epa.gov and fda.gov