

06 Summer Safety Month

HEALTHY TIP SHEET - JUNE



Want More Information?

Visit www.BlueHealthAdvantageNE.com for additional health and wellness information and to take the Monthly Health Challenge – Be Sun Smart.

Protecting Your Skin from the Sun

The Basics

The best way to prevent skin cancer is to protect your skin from the sun.

- Stay out of the sun between 11 a.m. and 3 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves, a hat and sunglasses.
- Check your skin regularly. This is called a skin self-exam.

What causes skin cancer?

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths and sunlamps.

The Benefits

By protecting your skin from the sun today, you can prevent skin cancer later in life. Most skin cancer appears after age 50, but sun damage starts at a young age.

Staying out of the sun and using sunscreen can also help prevent:

- Wrinkles
- Blotchy or spotty skin
- Other damage caused by the sun

Take Action Today!

- Wear your sunglasses.
- Put on sunscreen before you leave the house.
- Check your skin on a regular basis.

Source: www.healthfinders.gov.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.

