



# Protect your skin from the sun

## We've all been there.

Many of us enjoy the sunshine for too long and get a sunburn. A sunburn means that the sun's harmful ultraviolet (UV) rays have damaged your skin. It can range from mild pain and redness to a bad rash with swelling and blisters.

Damaging sun exposure can cause long-term problems, too.

### These can include:

- Increased risk for skin cancer
- Increase in number of cold sores and cataracts in the eyes
- Skin wrinkles or brown spots

It can also make symptoms of health problems like Lupus worse.<sup>2</sup> That's why it's important for everyone to protect their skin from the sun.

<sup>1</sup><https://pubmed.ncbi.nlm.nih.gov/34698032/October-2021>

<sup>2</sup><https://www.webmd.com/lupus/lupus-photosensitivity-uv>



## Did you know?

Even people with dark skin can get a sunburn.<sup>1</sup>

# 5 tips to help keep your skin safe



## Avoid the strongest sun.

The sun's rays are strongest and are more likely to cause damage at midday. That's between 10 AM and 4 PM. So try to avoid the sun during those times.



## Wear a hat.

A good hat can offer a lot of protection. Look for one with a wide brim that covers your neck, ears, eyes and scalp.



## Cover up.

Wear loose-fitting tightly woven clothes that cover your arms and legs. If you buy clothes made with sun protective fabric, be sure to check the label to see how much protection they offer.



## Wear sunglasses.

Your eyes may not be skin, but they can still be damaged by the sun. So don't leave home without a pair of shades with UV protection.



## Check your medicine.

Some medicines can make people more likely to burn in the sun. Your pharmacist or health care provider can tell you about those that might make you sensitive to the sun.

## All about sunscreen

Sunscreen can help protect your skin from harmful UV rays all year long.

- Choose a "broad spectrum" sunscreen that has a sun protection factor (SPF) of at least 30 to protect from both UVA and UVB rays.
- Put sunscreen on at least 15-30 minutes before you go out in the sun.
- Cover all the skin that will be exposed. That includes the nose, ears, neck, scalp and tops of feet.
- Use a lip balm or cream that has SPF of 30 or higher to protect your lips.
- Apply sunscreen every two to three hours while in the sun and after swimming or sweating a lot.

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