



## Get Sun Smart! Have Fun in the Sun Safely

Now that summer is here and more people are receiving their COVID-19 vaccinations, many of us are spending more time outdoors in the sun. But increased sun exposure also poses some serious health concerns, such as a higher risk of skin cancer and heat-related illness. The good news is – you don't have to shun the sun completely! With these smart tips in practice, you can enjoy sunny days safely.

### Sun and Skin Safety

Follow these do's and don'ts of sun and skin safety to protect yourself and loved ones this summer and year-round, according to Dr. Brian Brosnan, Chief of Dermatology, Panorama City Medical Center Area:

#### Block it out

Anyone can get a sunburn or develop skin cancer, which is why care for both light and darker colored skin is the same. Limit exposure to the direct sun; cover up with protective clothing (sunglasses, hats, long-sleeves, pants, swim bodysuits, and UPF fabrics); avoid tanning beds; and wear sunscreen with SPF 50 or higher every day.

When it comes to choosing a sunscreen, zinc oxide is a beneficial ingredient because it is a “physical” blocker that shields skin from both [UVA and UVB rays](#). Remember to apply sunblock 30 minutes before going into the sun and reapply every 2 hours if remaining outside.

#### Don't let the forecast fool you

UV rays in cloudy and sunny weather have essentially the same intensity. Skin damage due to sun exposure adds up day after day. Therefore, whether it's overcast or bright, make sun protection a part of your daily routine.

#### Check your shadow

Not sure if it's a good time to hang outside? Use the shadow rule. If your shadow is shorter than you are, it means the sun's harmful rays are at their strongest – and it's time to head for the shade.



### Model good skin care early on

Modeling good sun protection habits for kids is particularly important since it is estimated that most sun exposure occurs before age 20, and skin damage may not be apparent until many years later.

### Staying Cool in the Heat

As temperatures climb, and in keeping with our active lives, you should also be aware that exerting yourself can lead to heat-related illnesses such as heat stress and heat stroke. Take extra precautions to limit being in the direct sun and drink plenty of water to remain well hydrated. [Click here](#) to learn more information about heat illness and prevention.