

Reducing the Risk of Skin Cancer

Sun protection helps prevent the harmful effects of sun exposure, including sunburn, skin cancer, premature skin aging, and eye damage. When used as part of a comprehensive approach, well-tailored, individual focused strategies may be effective for reaching specific subpopulations.^{229,230} According to WHO's International Agency for Research on Cancer (IARC), ideal sun protection involves several behaviors, including

- Wearing tightly woven protective clothing that adequately covers the arms, torso, and legs.
- Wearing a hat that provides adequate shade to the whole of the head.
- Seeking shade whenever possible.
- Avoiding outdoor activities during periods of peak sunlight (such as midday).
- Using sunscreen (in conjunction with other sun protection behaviors).