

## Sun Protection

**Note: My NM Care corner is not intended to replace clinical care or management by a healthcare provider. If you have a medical emergency, please contact your healthcare provider.**

Everyone loves a little fun in the sun! However, the UV rays of the sun have been linked to skin cancer. It's important that you take the steps necessary to protect yourself from sun damage.

### Protecting Yourself from the Sun

- Use sunscreen products with a sun protection factor (SPF) of at least 30.
- Sunscreen should be reapplied every two hours or after swimming or sweating.
- Protect your skin from the sun by wearing big hats, long pants, long-sleeved shirts, UV protective swimsuits and clothing.
- Stay out of the sun as much as you can. Whenever possible, avoid exposure to the sun from 10 a.m. to 4 p.m.
- Wear sunglasses that filter UV to protect your eyes and the skin around your eyes.

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