

Protecting Your Skin from the Sun

There are several reasons to protect your skin from the sun's ultraviolet or UV rays. Doing so prevents sunburn, reduces early signs of aging and skin wrinkling, and lowers your risk of skin cancer.

You can protect your skin in a few simple ways.

Avoid exposure to the sun:

- **Try to spend less time in the sun** during peak sunlight hours from 10 am to 4 pm. Plan outdoor activities early or late in the day. Find shade if you will be outdoors.
- **Wear clothing that blocks the sun.** Wear a wide-brimmed hat that covers your neck, ears, eyes, and scalp and loose-fitting, tightly woven clothing that covers your arms and legs.
- **Wear sunglasses** that block UV rays.



Use sunscreen:

- **Always use a broad-spectrum mineral sunscreen** that has a sun protection factor (SPF) of 30 or higher. Use it on exposed skin daily even when it's cloudy.
- **Apply sunscreen at least 30 minutes before** you go out in the sun and reapply it every 2 to 3 hours while you are in the sun and after you sweat heavily or swim.
- **Insect repellent** degrades sunscreen. Apply it to your clothing and hair instead – the vapors will deter insects.
- **Take extra care** to protect your skin when you're near water, at higher elevations, or in tropical climates.
- **Use a broad-spectrum, mineral lip balm** or cream that is SPF 30+ to protect your lips from getting sunburned.

Extreme Heat & El Niño:

Weather experts say that a strong El Niño pattern is bringing extra hot days and longer heatwaves this summer. When it's very hot outside, we need to take extra care of our bodies. Protecting your skin from the sun is a simple, healthy way to stay safe while enjoying the summer.

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