



Protecting your skin from the sun

There are many good reasons to protect your skin from the sun's ultraviolet, or UV, rays ... like preventing sunburn and preventing early signs of aging, skin wrinkling, and lowering 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 between 10 am to 4 pm. Find shade if you need to be outdoors.
- Wear clothing that blocks the sun. This can be a wide-brimmed hat that covers your neck, ears, eyes, and scalp. You can also wear loose-fitting, tightly woven clothes that cover your arms and legs.
- Wear sunglasses that block UV rays.

Use sunscreen

- Always wear mineral sunscreen on exposed skin. Make sure to use a broad-spectrum mineral sunscreen that has a sun protection factor (SPF) of 30 or higher. Use it every day, even when it is cloudy.
- Apply sunscreen at least 30 minutes before you go out in the sun. Reapply sunscreen every 2 to 3 hours while you are in the sun and after you sweat a lot or swim.
- 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 that is SPF 30+ to protect your lips from getting sunburned.

To learn more or to share this information, [please visit this website](#).

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