




3 Tips for Sun Safety

1 Dress For Protection


 Sunscreen is important, but if you're pressed for time, cover up for sun protection. Certain fabrics are as effective as sunscreen. To stay safe, stick with bright or dark clothing that's made of tightly woven fabrics.

 Denim, for example, has an ultraviolet protection factor (UPF) of as much as 1,700!

 As a rule of thumb: if you can see through the fabric, your skin can see through it too!

2 Perform a Self-Check Annually


 Try this on a day you'll remember, like your birthday! Check for moles and spots for your *ABCDEs*. Look for moles and spots that are:

 **A**symmetric, have an irregularly shaped **B**order, have varied **C**olors, measure a **D**iameter of more than 6 millimeters, or are **E**volving (a mole or lesion that looks different from the rest, or one that's changed).

3 Protect your Eyes-Wear Sunglasses!

 To protect your eyes from the sun, wear sunglasses whenever you're outside year round, even on cloudy days.

 Habitual exposure to UV rays may speed up aging of the eyes.

 Look for shades that offer more than 95% UV protection! Lenses that provide 100% protection are the best and may be labeled "UV400".



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