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## How to Protect Your Skin from UV Rays

It's not possible to avoid sunlight completely, but there are ways to help ensure you're not getting too much sun when you are outdoors:

- Simply **staying in the shade**, especially during midday hours, is one of the best ways to limit your UV exposure from sunlight.
- Protect your skin with **clothing** that covers your arms and legs.
- Wear a wide-brimmed **hat** to protect your head, face, and neck.
- Wear **sunglasses** that block UV rays to protect your eyes and the skin around them.
- Use **sunscreen** with at least SPF 30 to help protect skin that isn't covered with clothing.

It's also important to **avoid tanning beds, booths, sunlamps**, and other artificial sources of UV radiation, and to **use protective clothing, UV shields, and filters** when exposed to UV in the workplace.

- [Seek shade](#)
  - [Protect your skin with clothing](#)
  - [Use sunscreen](#)
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sunlight too long. When outdoors, especially when the sun is strongest, try to stay under trees, umbrellas, and canopies, or use a portable sunshade. Even when you're in the shade, UV rays can still reach you by reflecting off other surfaces, so it's still good idea to also to protect your skin in other ways, such as wears protective clothing and using sunscreen.

## **Protect your skin with clothing**

When you are out in the sun, wear clothing to cover your skin. Clothes provide different levels of UV protection. Be aware that covering up doesn't block out all UV rays. If you can see light through a fabric, UV rays can get through, too.

completely. Apply sunscreen generously, making sure to cover all parts of your body that aren't covered by clothing, including your face, ears, neck, arms, the tops of your feet, and your scalp and hairline. Protect your lips by using lip balm with sunscreen.

Sunscreen comes in many forms, including lotions, creams, and sprays. If you have sensitive skin, choose a sunscreen that doesn't irritate or cause a reaction. Always read the label carefully.

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Parents and caregivers should protect children from excess sun exposure by using the steps above: seek shade, use protective clothing, apply and reapply sunscreen, and put on a hat and sunglasses. It's important to protect children as fully as is reasonably possible.

Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats, stroller covers, umbrellas, and protective clothing. Some experts don't recommend using sunscreen on babies. Check with your infant's doctor about using sunscreen and which type and brand might be best to use.

## Hyperlinks

1. [www.cancer.org/cancer/risk-prevention/sun-and-uv/how-to-use-sunscreen.html](http://www.cancer.org/cancer/risk-prevention/sun-and-uv/how-to-use-sunscreen.html)

## References

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