Sun Smart Tips

Wear clothes that protect you – a shirt with a collar and long sleeves, long pants, not shorts.

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Wear a broad-brimmed or legionnaire style hat to protect your ears and the back of your neck.

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Protect your and your children's eyes by wearing wrap around sunglasses.

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Smooth slick layers of SPF 30+ broad spectrum sunscreen onto the skin 20 minutes before going out into the sun. Reapply every two hours.

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Use sunscreen in addition to shade and clothing, not as a substitute for them.

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Stay out of the sun between 10:00 a.m. and 3:00 p.m.

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Ultraviolet (UV) rays can be very high even when there is cloud cover. Wear sun protection even when it is cloudy out.

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Don't be fooled by cool weather. You cannot see or feel UV radiation.

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UV rays reflect off grass, water, and paving. You may need protection even in the shade.

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UVA and UVB rays are present every day and can rise to extreme levels during the summer months. It is important to protect your skin every day.

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There is no such thing as a wind burn. The last time you thought you had a wind burn, you were actually sunburned.

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There is no such thing as a safe suntan. A suntan is a sign of skin damage.

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Unprotected skin will burn in as little as 10 minutes.

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A tan doesn't last, but sun damage does.

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Minneapolis VA Medical Center