



Everybody loves the sunshine, but too much can be seriously risky. UV radiation is the leading cause of skin cancer. Sun exposure also causes more than 80% of wrinkles and other visible signs of aging. The good news? You can still enjoy the sun, as long as you protect your skin.

## Seize the days and practice safe sun

### **Avoid the sun and use sunscreen.**

Stay out of the sun from 10 a.m.–4 p.m. If you can't, apply at least SPF 30 every day, even if it's cloudy.

### **A little bit of sunshine is good for you.**

Don't completely shun the sun. 10-15 minutes a day can lift your mood and help you sleep better.

### **When in doubt, use the shadow rule.**

If your shadow is shorter than you are, it means harmful UV rays are intense and you should head for the shade.

## GET SMART ABOUT SKIN CANCER PREVENTION

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