

THE GREAT COVER-UP

Skin cancer is the most common type of cancer diagnosed. Each year there are more than 1 million diagnoses of skin cancer. The number of skin cancers continues to rise.

Exposure to the sun's ultraviolet rays causes most skin cancers. It is not easy to avoid sunlight, but there are things we can do to protect ourselves. Here are some of them.

- Limit the amount of direct sun exposure during the middle of the day (10 am – 4 pm). This is when the intensity of the sun's rays is the strongest.
 - Seek shade whenever you can.
- Wear clothing to protect your skin, for example long-sleeves and long-pants.
 - Dark colors protect more than light colors.
 - Tightly woven fabrics protect more than loosely woven fabrics.
 - Dry fabric protects more than wet fabric.
 - Wear a hat – Ideally, wear a hat that has a wide brim, at least 2 -3 inches all the way around. It will protect your neck, ears, eyes, forehead, nose and scalp.
- Use a sunscreen with an SPF of 15 or higher.
 - Apply generously and thickly on all skin that will be exposed to the sun.
 - Apply at least 20 – 30 minutes before going outdoors.
 - Reapply every 2 hours.
 - Reapply after swimming.
 - Reapply if you are sweating.
 - Use lip balm that contains sunscreen.
 - Remember to use sunscreen even if it is overcast or cloudy.
- Wear sunglasses – Wrap around sunglasses offer the most protection.
 - Sunglasses should have 99% - 100% absorption.

