



Don't forget your sunscreen this summer

Many people tend to remember to put on sunscreen when spending a day at the beach or by the pool. But those aren't the only times we need protection from the sun.

Sunscreen protects our skin from the sun's ultraviolet (UV) rays, which are present even on cloudy days. So really any time we will be spending a good amount of time outdoors we should be practicing protection.

And it's not just a bad sunburn we need to worry about. The sun's UV rays can also cause skin cancer and lead to wrinkles, skin sagging and age spots.

The American Academy of Dermatology (AAD) recommends using a sunscreen that:

- Offers broad-spectrum protection. This means it protects against both UVA and UVB rays.
- Has an SPF, or sun protection factor, of 30 or higher.
- Is water-resistant.

It is also true that most people don't apply the right amount of sunscreen, according to the AAD.

We should put on enough sunscreen to cover any skin not protected by clothing. Most adults need about 1 ounce of sunscreen, or two tablespoons, to fully cover their body. Always make sure to follow the directions on the sunscreen bottle and:

- Apply sunscreen about 15 minutes before going outdoors.
- Apply it to the tops of your feet, your neck, your ears and the part-line at the top of your head.
- Reapply about every two hours. You should also reapply after swimming or sweating.

Here are links to resources we've selected to help you spread the word about sun safety.

We've chosen the [sun safety basics](#) from the U.S. Centers of Disease Control and Prevention (CDC), plus articles on [sunburn](#), the [five S's of sun safety](#), [how to spot skin cancer](#), and how to [check your skin](#) for signs of trouble.

Plus, we've picked healthy recipes for [Apricot-Orange Bread](#), [Asian-Style Rice](#), [Chicken Creole](#), and [Lentils with Brown Rice and Kale](#).

Consider sharing these links with your employees as part of your health promotion activities this month.

