

# Walk **NEBRASKA**

## **Skin Care Precautions during Summer Activities**

While being physically active can add years to your life, exposure to the sun can make your skin age prematurely and increase your risk for the development of skin cancer. Consequently, it is important to protect yourself from sun exposure. While sun exposure is a risk all year round, the Centers for Disease Control say that UV radiation is the greatest during the late spring and early summer in North America! And, relatively speaking, UV rays are most hazardous between 10 a.m. and 4 p.m.

In this day and age, there are several ways to prevent getting sunburned. The CDC makes these suggestions to protect yourself and your family:

- ✓ Use sunscreen that protects against both UVA and UVB rays.
- ✓ Use sunscreen that is rated at least SPF 15. Re-apply as directed on the package. Today's sunscreens are more resistant to loss through sweating or getting wet, but CDC officials still say you should re-apply frequently, especially during peak sun hours or after swimming or sweating.
- ✓ Check the expiration date on sunscreen packaging. Products have a shelf life of only three years and exposure to extreme temperatures can shorten shelf life.
- ✓ Supplement sunscreen with appropriate clothing—a broad-brimmed, tightly woven hat which shields the face, ears and back of neck and wrap-around sunglasses with UVA and UVB protection.
- ✓ Finally, remember cloudy days or sitting in the shade still puts you at risk if you are positioned where you are exposed to the sun's reflection from concrete, sand or water.

[http://www.cdc.gov/cancer/skin/basic\\_info/index.htm](http://www.cdc.gov/cancer/skin/basic_info/index.htm)  
<http://www.cdc.gov/cancer/skin/pdf/broch.pdf>

**Know how. Know now.**



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.