



# Stay Safe in the Sun Every Day

**While a sunny day beckons an early morning jog or a group activity, it's important to be conscious of extended sun exposure while enjoying the outdoors.**

Before heading out the door, consider these tips to protect your skin during the sunniest – and most active – time of day.

- 1. Apply sunscreen daily.** Spending time outside is an obvious implication for using sunscreen. However, even if it's a regular day at the office, or you're driving in the car – sun exposure through a glass window can be just as powerful as spending time outside. Get in the habit of applying a light sunscreen on a daily basis.
- 2. Use waterproof sunscreen of at least 15 SPF.** Applying sunscreen before a day of outdoor activity is a good practice, but is not sufficient for the entire day. Sweating and swimming wash off sunscreen that is not waterproof. Dermatologists recommend a broad spectrum sunscreen of at least 15 SPF to keep you protected during physical activity.
- 3. Wear a hat and sunglasses.** Walking around a neighborhood street festival or sitting in the park on your lunch break are some of the best perks of warmer weather. Wear a wide brimmed hat and a pair of sun glasses to protect your face from the sun's rays.
- 4. Not your typical 9-5.** The sun is most powerful during the hours of 10am – 3pm. So if you're going for a jog, consider squeezing it in before work. Or have a gathering of friends for an afternoon barbecue starting at 4 or 5 pm to avoid direct sunlight.
- 5. Wear lightweight clothing with a sun guard.** While exercising outdoors, wear lightweight clothing that covers a larger area of skin and apply sunscreen underneath for maximum protection. Your clothing only accounts for 5 – 8 SPF. It is also helpful to apply a spray or detergent sun guard on your clothes for prolonged protection from 96% of UVA and UVB rays.
- 6. Leave no part uncovered.** We often overlook the importance of protecting the lips, ears and legs when applying sunscreen. Don't forget to cover your entire body with SPF. For women especially, the legs are a common area for melanoma. A simple lip balm with SPF is an easy solve for lip protection, carried in your pocket for convenient reapplication.

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### If you see a spot, get it checked out!

It's tough to completely protect your skin from the sun, which is why it's also important to self-examine your skin for any irregularities. If you see something, get it checked out by a doctor. Regular skin exams can help you detect skin cancer early and treat it effectively.

Preventive exams and screenings are 100% covered by Abbott when using network providers in the national BlueCross BlueShield and United Healthcare medical plans. Call the phone number on the back of your Abbott medical plan ID card to learn more.

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