

WHITE PLAINS HOSPITAL

Take Charge of Your Health

Be Safe in the Sun This June!

Protect your skin while enjoying the outdoors

- **Broad Spectrum Sunscreen Is Best**

Use sunscreen that protects against ultraviolet A and B (UVA and UVB) rays, with a sun protection factor (SPF) of 15 or higher.

- **Reapply After Swimming**

Water-resistant sunscreens are good for 40 or 80 minutes. After that, you need to reapply to extend your protection.

- **Look for Midday Shade**

Stay out of the sun between 10 am and 3 pm, when the sun's UV rays are strongest. Covering up with protective clothing, such as a wide-brimmed hat, also helps.

- **Check Your Skin Regularly**

Look for changes in the size, shape, color, or feel of birthmarks, moles, and spots. If you notice any changes, see your doctor.



did you
know ?

Dark skin needs protection, too. While darker skin offers sun protection, people with dark brown or black skin can still experience sunburns or develop skin cancer.