

Stay Sun-Safe Like Alex



Here's how to protect yourself from skin cancer:

- ☀️ Decrease the amount of time spent in direct sunlight, especially from 10 a.m. to 4 p.m.
- ☀️ Seek shade when outside during the middle of the day.
- ☀️ Wear tightly woven, loose fitting clothing that covers as much of the body as possible.
- ☀️ Wear a wide-brimmed hat that shades the entire face, head, and neck.
- ☀️ Wear dark glasses rated to block 100 percent of the sun's UV rays.
- ☀️ Apply lots of sunscreen (SPF 15, broad spectrum: UVA & UVB protection) to exposed skin, one-half hour before going outside.