

UV SAFETY

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This month's mission is to spread awareness about how important it is to protect your eyes and skin from the side effects of UV rays. UV exposure is the root cause of most skin cancers.

How to protect your skin from the sun

The UV index forecasts the strength of UV rays each day. If the UV index is three or higher in your area, protect your skin from too much exposure.

SHADE

Stay in the shade under an umbrella, tree or other shelter.

UV rays can reach you in the shade, so pair this with sunscreen as well.

CLOTHING

When possible wear long-sleeved shirts and long pants or skirts that protect against UV rays. If wearing this isn't practical, try to wear a swimsuit cover-up or a t-shirt. Clothes made from tightly woven fabric offer the best protection. A wet t-shirt offers less protection than a dry shirt.

HAT

Wear a hat that has a brim all the way around that shades your face, ears and the back of your neck. Avoid hats with holes.

If you wear a baseball cap, make sure to wear sunscreen on your ears and the back of your neck.

SUNGLASSES

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States meet this standard.

Wrap around sunglasses work best to block UV rays from sneaking in from the side.

SUNSCREEN

Put on a broad-spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15 or higher.

If you are staying out in the sun for more than two hours, are swimming, sweating or toweling off, reapply often.

Sunscreen is not recommended for babies who are six months old or younger.

