



Sunscreen Use Helps Prevent Cancer

Not just for summer

Remember, you can get sunburned anytime of the year — even during the winter — so protect yourself from the sun's harmful rays all year long.

For more information about skin cancer, visit the American Cancer Society website, www.cancer.org, or call them at 1-800-227-2345.

Blue Cross and Blue Shield of Alabama cares about your health and wellness.

This is an informational series designed to provide you with specific ideas for a healthy and safe lifestyle.

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Protecting your skin from the sun's damaging ultraviolet (UV) rays can greatly reduce the risk for developing skin cancer.

Sunburns usually begin with slight pinkening of the skin, but can become much more serious later.



A wellness program for you from Blue Cross and Blue Shield of Alabama



Sunscreen Tips

To be sunsmart and prevent skin damage from the sun's harmful UV rays, try these tips. Remember, skin can be harmed by UV rays in as few as 15 minutes, even though it may take up to 12 hours for your skin to show the actual symptoms of being burned.

TIPS

- **CHOOSE THE RIGHT TIME.** Be sure to seek shade during the heat of the day — from 10 a.m. to 4 p.m.
- **WHAT TO WEAR.** Remember to wear a hat with a wide brim in order to shade your face, head, ears and neck. Also wear breathable loose-fitting material that covers exposed skin.
- **CHOOSE SPF 30+.** Always wear a broad spectrum sunscreen of SPF 30 or higher, and be sure to use a sufficient amount, reapplying every two hours.



- **ROCK SOME SHADES.** Protect your eyes by wearing sunglasses that block UV rays.
- **PROTECT YOUR KIDS.** Sunburns during childhood can dramatically increase your chance for developing skin cancer.
- **PLAN AHEAD.** Apply sunscreen at least 30 minutes before you go out into the sun, not once you are at the beach or pool.

