



BlueCross BlueShield of Texas



Protecting Your Health – Protecting Your Skin

Show Your Skin a Little Love

Would you knowingly expose yourself or your family to radiation? That's what happens if you spend time outdoors without sun protection. Ultraviolet (UV) rays from the sun can damage your skin in just 15 minutes. These sun savvy tips can help prevent a painful sunburn, wrinkles and the possible risk of skin cancer.

Stay in the shade. Rely on leafy trees, buildings and canopies to help avoid direct sunlight. This is especially the case between 10 a.m. and 4 p.m.

Cover-up. Wear long-sleeved shirts, long pants or long skirts to block harmful UV rays. Clothing made from tightly woven fabrics offer the best protection.

Keep a cool head. Stay under wraps with a wide-brimmed canvas hat that can shade your face, ears and neck. Loosely woven straw hats don't offer the same protection.

Slip on some sunglasses. Protect your eyes with glasses that block both UV rays. Wrap-around frames that fit close to your face will help keep harmful rays from sneaking in on the side.

Slather it on. Apply water-resistant sunscreen with SPF 30 or higher (even on cloudy days), and reapply at least every two hours. Toss out sunscreen that's past its expiration date.



Follow a few tips to avoid damage to your skin from the sun.

Sources: *Sun Safety*. Centers for Disease Control and Prevention. 2020.
How Do I Protect Myself from Ultraviolet (UV) Rays? American Cancer Society. 2019.

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