



Spring Break Sun Safety Tips



Don't Use a Tanning Bed To Get a Base

Using a tanning bed increases your risk of developing melanoma. If you use tanning beds before the age of 30, your risk of developing melanoma increases to 75%.



You Need Sunscreen, Even on a Cloudy Day

You may think the clouds are protecting you from the UV rays, but in fact, the UV rays are getting stronger because they are bouncing off the clouds.



Use a Broad-Spectrum Sunscreen

Broad-spectrum sunscreen protects from the two types of UV rays, UVA and UVB. UVA rays prematurely age skin and cause wrinkles, while UVB rays burn the skin.



Apply Sunscreen 30 Minutes Before

Applying sunscreen early allows it to soak into the skin and less likely to wear off when you sweat or jump in the water.



Don't Forget About Your Lips and Ears

If you plan on having your hair up or wearing a baseball cap, it's a necessity to protect your ears from the sun. As for your lips, it's always a good idea to use sun-protecting lip balm.



Know the Signs of Sun Poisoning

Skin redness and blistering with pain and tingling are just a couple of symptoms. Know these before heading out on break!