

Beat THE BURN

By American Heart Association News

Use these 6 simple sun-protection strategies:



1

Read sunscreen labels. Look for broad-spectrum protection against both UVA and UVB rays with at least 30 SPF.

2

Check sunscreen expiration dates. Most are good for 2 to 3 years.



3

Put on a hat or shade cap with at least a 2-inch brim and a dark, non-reflective underside to lower the amount of UV rays reaching the ears, eyes, forehead, nose and scalp.



4

Wear sunglasses that block at least 99% of UVA and UVB rays. Ensure labels say, "UV absorption up to 400 nm" or "Meets ANSI UV Requirements." Cosmetic sunglasses only block about 70%.



5

Dress in long-sleeved shirts and pants. Look for tight weaves that don't let in the sun's rays.



6

Seek shade as much as possible between 10 a.m. and 4 p.m., the peak period for sunlight.



Sources: American Cancer Society;
Centers for Disease Control and Prevention

Published: August 2019 | © 2019 American Heart Association, Inc.



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