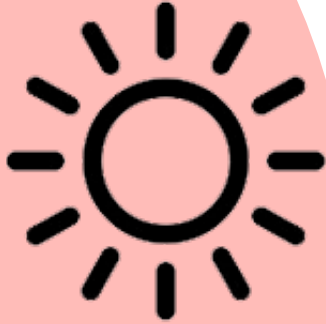


# SUN SAFETY

Cancer survivors should take extra caution when out in the sun and follow all recommended safety tips:



## Sunscreen Is Most Effective When It Is:

- Not expired
- Broad-spectrum
- Applied liberally
- Applied every time you go outside
- Reapplied every two hours

## Seek Shade

The risk of skin damage and skin cancer can be reduced by seeking shade under an umbrella, tree, or before needing relief from the sun.

## Wear Protective Clothing

This includes a long-sleeve shirt, wide-brim hat, and sunglasses. Many companies even sell clothing with built-in ultraviolet protection (UPF) made from tightly woven fabric to offer the best protection. A wet t-shirt offers much less UV protection than a dry one, and darker colors offer more protection than lighter colors. Be mindful near water, sand, or snow. The sun can reflect off those surfaces and burn or damage skin.

## Use Sunscreen

Apply at least one ounce of sunscreen (a dollop about the size of a quarter) to each area of exposed skin at least 15 to 30 minutes before going outside - even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off. Remember to also use a lip balm or lipstick that contains sunscreen with a sun protection factor (SPF) of at least 30.

Choose a broad spectrum sunscreen that protects against both UVA and UVB radiation. Make sure it is water resistant and has an SPF of 30 or higher. Other sunscreens may help to prevent sunburn, but they won't protect against skin cancer.

# References & Resources

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American Cancer Society, What's Your Sun Safety IQ?

<https://www.cancer.org/healthy/be-safe-in-sun/sun-safety.html>

Skin Cancer Foundation

<https://www.skincancer.org/>

Visit [health.mo.gov/cancer](https://health.mo.gov/cancer) for more important tips on surviving cancer.



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