

The hottest days of summer are here and the need to protect your skin from severe burns which can lead to skin cancer is high. Remember these tips to take care of your skin:

- 1) Limit time in the sun, especially between the hours of 10 a.m. and 4 p.m. when the sun's rays are the strongest.
- 2) Wear long sleeved shirts and long pants for extended periods in the sun.
- 3) Use a broad-spectrum sunscreen with an SPF of 15 or higher; reapply every 2 hours or immediately after swimming.
- 4) Infants especially need protection but should be covered with a sunscreen specifically for children and one recommended by your pediatrician.
- 5) Sunscreen should be purchased new each year; lotions can deteriorate and lose their effectiveness over time.
- 6) Wear a broad-brimmed hat, designed to cover the face, ears and neck.
- 7) Use sunglasses any time you're outdoors, even children. Choose glasses with a 100% UVA/UVB rating rather than by darkness of the lens or by style.

Adherence to these simple rules can help to prevent skin cancer in years to come.