Any sun exposure damages your skin. Even a bit of added color is a sign that some small amount of harm has occurred. So if you’d like to look darker, fake it — don’t bake it, and follow these tips when enjoying outdoor activities.

- Stay out of the sun between 10 am and 4 pm.
- No clock? Remember the shadow rule: If your shadow is shorter than you are, the sun’s rays are at their strongest and it’s not a good time to be out in them.
- Choose tightly woven, lightweight clothing for comfort and protection. The more easily you can see through a piece of clothing when you hold it up to a light, the less it will protect you from the sun’s rays.
- Use sunscreen and lip balm with a sun protection factor (SPF) of 15 or higher, even on cloudy days.
- Choose a sunscreen labeled “broad spectrum” and “water resistant.”

• Apply a whole palmful of sunscreen. Reapply every 2 hours and after swimming, toweling dry, or sweating.
• Buy fresh sunscreen each year. If it changes in look or smell sooner than that, toss it.
• Cover your head with a tightly woven, wide-brimmed hat that shades your face, ears and neck. If you wear a sports cap, use plenty of sunscreen on the parts of your face, ears, and neck left exposed.
• Choose sunglasses with 99 to 100% ultraviolet (UV) absorption to protect your eyes and the skin around them.
• Avoid tanning beds and sunlamps. Remember: the “safe base tan” is a myth.
• Fake a tan with spray-on or rub-on color — but keep in mind that neither provides sun protection.

With its great fresh fruits and vegetables and pleasant weather for outdoor activities, summer is a great time to make a healthy lifestyle change like eating healthier or getting more physical activity. UPMC Health Plan members: Call Coach on Call™ at 1-800-807-0751 for useful tips and handy printed materials that can help you get started. See www.upmchealthplan.com for online healthy lifestyle programs too.

UPMC Health Plan
The information contained herein is the property of UPMC Health Plan and/or its affiliates and is intended solely for use by UPMC Health Plan employer groups.
Copyright 2012 UPMC Health Plan, Inc. All rights reserved.
SUNSAFETY C2012/0706-21-A (MCQ) 7-6-12