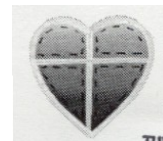


From our Parish Nurse
Lorraine Dudley



Spring is here and avoiding overexposure to the sun is the one thing that helps us all prevent skin cancer.

Watch the time of day

Ultraviolet spectrum light is strongest between 10:30 a.m. and 2:30 p.m. It's best to schedule outdoor activities before or after these hours.

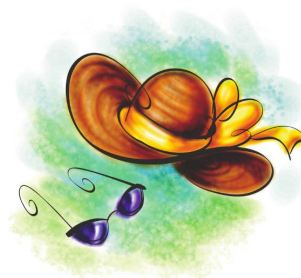


Wear Sunscreen

Use sunscreen in any area you can't physically protect, such as your nose, ears and hands. *See the tips below on selecting sunscreens.*

Use physical sun blockers

If you're going to be out in the sun, wear long pants and sleeves, and wear a hat with at least a four-inch brim all the way around. An umbrella or other form of physical shade may also be helpful.



Understanding Sunscreen Options

Broad Spectrum - These sunscreens protect from both UV-A and UV-B rays, providing the best protection from sunburn and skin cancer

SPF 30+ - A sunscreen with a sun protection factor of at least 30 provides good protection from the sun's rays. Just remember to reapply every two hours.

Protect Babies - Protect babies from sun exposure by keeping them in the shade. Sunscreen is safe for those 6 months and older.



Make protecting your skin a healthy habit

Make sure you're protecting your skin when going outside this spring.

Protecting your skin should be a habit, like brushing your teeth and wearing a seatbelt.

Wearing sun-protective clothing—identified with a UFP (Ultraviolet Protection Factor) label - is one way to stay safe. You should use sunscreen on any uncovered skin. A hat and sunglasses can help protect your scalp, face and eyes.

You should monitor your skin on a regular basis. Moles that have an irregular shape, border or color, and those that are changing or growing, should be evaluated by a health care provider.