

## **Dr. Helton's Sun Tips**

Follow these simple rules to protect your skin from the harmful effects of sun exposure.

- 1-** Sunscreen: Wear an SPF of 15 or more that protects against both UVA and UVB rays, and make sure to reapply after 5 hours (whether it's cloudy or sunny outside).
- 2-** Avoid the hottest hours of the day: 10 am - 3 pm.
- 3-** Waterproof sunscreen only lasts about 1½ hours in the water, so reapply often!
- 4-** T-shirts are only a SPF of 7 (about 4 when wet), so make sure that you wear sunscreen underneath.
- 5-** Ask us about clothing that has 100% sun block (it's cooler to wear because it reflects the sun).
- 6-** Wear sunglasses that protect against both UVA and UVB rays.
- 7-** Wide-brimmed hats provide more shade than baseball hats caps. (Remember the back of your neck!)
- 8-** Suntan lotion is toxic to babies under 6 months of age. Just don't put them in the sun!
- 9-** There is no such thing as a "base tan". Tanning beds are worse than normal sunlight.
- 10-** Most of all just have common sense and have fun!