



# Sun Protection 101

Follow these tips to soak up the sun without letting harsh UV radiation damage your skin:

- Avoid direct exposure to sunlight between 10 AM and 4 PM when UV rays are most hazardous.
- Apply sunscreen with a SPF of 15 or higher. Be sure the sunscreen is broad spectrum, for protection against both UVA and UVB rays.
- Reapply sunscreen every two hours, especially after swimming or sweating.
- When possible, wear clothing that covers your arms and legs, and a hat with a wide brim.
- Don't forget about your eyes! Wear wraparound sunglasses and check for labels that say the lenses meet ANSI UV requirements or provide UV absorption up to 400 nanometers.
- Avoid tanning beds and sunlamps, which expose the skin to harsh UV rays and contribute to long-term skin damage.
- Take steps to protect your skin from the sun year-round in all weather types. UV rays are still harmful on cloudy and overcast days.

Ready to shade yourself from the sun in a new home? Call me to make an appointment!