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12 Simple guidelines to help protect you from the damaging rays of the sun

1. **MINIMIZE SUN EXPOSURE** during the hours of 9 a.m. to 5 p.m. when the sun is strongest.
2. **PROTECT YOUR SKIN**, wear a hat, long sleeve shirts and long pants when you are out in the sun. Choose tightly woven materials for greater protection from the sun's rays.
3. **APPLY A SUNSCREEN** one half hour before every exposure to the sun. Sunscreens should be reapplied liberally at least every two hours, while you are in the sun. Sunscreen should be reapplied after swimming or sweating, since water resistance varies product to product. We recommend sunscreens with at least a 25 SPF rating.
4. **USE A SUNSCREEN DURING HIGH ALTITUDE ACTIVITIES** such as mountain climbing and skiing. At higher altitudes, where there is less atmosphere to absorb the sun's rays, your risk of burning is greater. The sun is also stronger near the equator where the rays strike the earth most directly.
5. **DON'T FORGET TO USE SUNSCREEN ON OVERCAST DAYS.** The Sun's rays are just as damaging to your skin on cloudy, hazy days as they are on sunny days.
6. **INDIVIDUALS AT HIGH RISK FOR SKIN CANCERS SHOULD APPLY SUNSCREEN DAILY.** Examples of high risk individuals are: outdoor workers, fair-skinned individuals, and persons who have previously been diagnosed with Skin Cancers and/or Sun Damage.
7. **BEWARE OF YOUR SENSITIVITY TO THE SUN.** An increased sensitivity to sun exposure is a possible side effect of certain medications, cosmetics and birth control pills. Consult your physician or pharmacist before going out in the sun if you're using any such product. You may need to take extra precautions to protect yourself.
8. **IF YOU DEVELOP AN ALLERGIC REACTION TO YOUR SUNSCREEN, TRY A NEW ONE.** There is a wide variety of Sunscreen on the market today. We encourage you to find the right one for you.
9. **BEWARE OF REFLECTIVE SURFACES!** Sand, snow, concrete, water and even glass can reflect more than half the sun's rays onto your skin. Sitting in the shade does not guarantee protection from the sun.
10. **AVOID TANNING SALONS.** The UV light emitted by tanning booths causes sunburn and premature aging as well as increases your chances for developing skin cancer.
11. **KEEP INFANTS UNDER 6 MONTHS OUT OF THE SUN.** Begin using sunscreens on children at six months of age then allow sun exposure with moderation.
12. **TEACH YOUR CHILDREN SUN PROTECTION EARLY.** Sun damage occurs with each unprotected sun exposure and accumulates over the course of a lifetime.

