

Remember to use sunscreen

The American Academy of Dermatology recommends that you avoid deliberate sunbathing and apply sunscreen on a daily basis, especially when you are directly exposed to the sun.

Apply sunscreen 20 to 30 minutes before exposure to the sun to give it time to penetrate the skin. Give special attention to the areas most likely to become sunburned, such as the nose, ears, cheeks and shoulders. Make sure you use enough. Most people apply too little sunscreen (the average adult requires 1 ounce of sunscreen per application).

Most products need to be reapplied every two hours, as well as immediately after swimming or strenuous activities that cause sweating. A waterproof sunscreen stays on for about 30 minutes in water.

Remember, the symptoms of sunburn do not begin until two to four hours after the sun's damage has been done.

Regardless of skin tone, repeated sun exposure and suntans cause premature aging of the skin. More importantly, repeated sun exposure increases the risk of skin cancer, including malignant melanoma, the most serious type of skin cancer.

Want to know more?

BCN members can contact [BlueHealthConnection®](#) at 800-637-2972 to leave a message for a nurse or request information.



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