



Safe Sunning

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Finally Spring has arrived and we are all anxious to get outside and enjoy the warmer weather. But remember, we all need to look after our skin when we spend time outdoors.

Protect yourself by applying an appropriate sunscreen product about 15 minutes before going out into the sun. There are many products on the market today that can provide a filter for the damaging ultraviolet rays of the sun. SPF stands for sun protection factor. You will see SPF 15 up to SPF 60. The numbers refer to how much protection it provides. If the product says SPF15, you can expect protection from about 93% of the sun's rays. SPF30 will block about 97% of the sun's rays. (from Mayoclinic.com) The fairer your skin or the more you tend to burn, the higher SPF you should use. Remember to protect children and your pets too.

Swimming and exercising also can affect how long the sunscreen will protect you. Re-apply regularly especially after being in the water and if you are perspiring from being active, you should also re-apply your sunscreen.

In addition to using sunscreen, you should wear protective clothing and avoid being out in the sun during peak hours of 10am to 4pm (from Mayoclinic.com) Taking care of yourself now will help you avoid skin problems in the future.