

FOR IMMEDIATE RELEASE

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Summer is coming: Protect yourself from the sun

Summer is right around the corner, which for many people means picnics, swimming, gardening, and other outdoor activities. Before stepping outdoors though, it's important to think about protecting your skin's health.

According to the American Academy of Dermatology, it only takes one blistering sunburn during childhood or adolescence to nearly double a person's chance of developing melanoma. So even at a younger age, it's critical to be mindful of the sun's rays. As adults, it's important to be role models and help protect kids and babies.

Researchers say that a little sun is good for the body and mind: 20 minutes of sunshine helps in producing vitamin D, supports bone health, relieves blood pressure, and promotes good mental health.

But too much sun can lead to longer-term, negative health effects.

Some ways to protect yourself from the sun include:

- Stay in the shade as much as possible.
- Wear a hat that has a brim all the way around.
- Cover as much skin as possible. Clothing that provides UV protection is one good way to do this, while remaining comfortable.
- Wear sunglasses to protect not only your eyes but also the skin around them.
- Wear sunscreen and remember to reapply it every two hours.
- Remember to check the sunscreen's expiration date. Sunscreen has a shelf life of no more than three years.

More information on sun protection is available online from the American Academy of Dermatology and the American Cancer Society, or contact Michelle Broxterman, mbroxterman@ksu.edu, (620)724-8233

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