

BROOKLINE HEALTH DEPARTMENT

Sun Safety Tips

During the summer months when people spend more time outdoors, sun damage poses an increased risk. In order to prevent damage associated with sun exposure, including sunburn, premature aging of skin, and pre-cancerous growths, residents should take the following precautions.

- Avoid direct or prolonged exposure to the sun during mid-day when it is the strongest and most damaging, between 10am and 4pm.
- Keep skin covered whenever possible.
- Wear a hat with a wide (4 inch) brim that shades your face, ears and back of your neck.
- Use sunscreen with at least SPF 15 and UVA/UVB protection.
- Seek shade under an umbrella, tree, or other shelter before you need relief from the sun.
- Wear sunglasses, preferably with UVA/UVB protection to protect eyes.

UV exposure from tanning beds/booths in private tanning salons poses similar risks. Before attending a private tanning salon, make sure the salon has a Health Department permit and be aware of related safety issues.