MSK Direct

What To Do and Wear to Protect Your Skin

In every season, it's important to think about sun safety. The sun gives off 2 kinds of ultraviolet (UV) light. Both types of rays can cause sunburns.

Getting 5 or more sunburns in your life doubles your risk of getting melanoma, a type of skin cancer.

Here are 5 things you can do to protect your skin:

Spread some **sunscreen** on your skin. Put on sunscreen every time you go outside.

Slip on some **clothing**. Look for clothes and hats that have "ultraviolet protection factor" or UPF on the label.

Slide on **sunglasses**.

Slap on a **hat**. This covers your scalp and face.

Seek the **shade**.