

Skin Protection

Prevent Sun Damage:

USE SUNSCREEN

Dermatologists recommend choosing a sunscreen with an SPF of at least 30.

WEAR UPF CLOTHING

Clothing with a built-in ultraviolet protection factor (UPF) can help shield your skin from UV light. It can be especially helpful when sunscreen is not practical or available.

WEAR A HAT

Hats offer a simple form of skin protection. The wider the brim, the better.

EAT MORE LYCOPENE

Lycopene is a phytonutrient found in red-colored plants that protects against skin damage related to UV-ray exposure.

WEAR SUNGLASSES

Protect your eyes from the sun's damaging rays to reduce your risks for age-related macular degeneration, glaucoma, and cataracts.

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Your Wellbeing Activity

Skin Protection Kit

Assemble a skin protection and include items such as sunscreen, a hat, moisturizers, exfoliators, and burn cream.