

# Wellbeing Wednesday

ISSUE 32: Sun Safety



**Sun safety is important for everyone; we must all practice this to avoid damage to our eyes and skin. Sun damage to our skin can cause skin cancer so it is vitally important to know how to protect yourself.**

## The risks of sun damage

It can be very tempting and easy to get excited when we start getting sunshine to just head out and soak up as much sun as possible, but doing so in an unsafe way can cause eye damage and skin damage which can also lead to skin cancer in people as early as their twenties. Skin cancer is the most common of all cancers.

Over years of exposure and potential damage to your skin from sun exposure your skin may also age by gaining more wrinkles, become dryer and you will eventually start bruising easier.

## Practice the 5 S's for Personal Sun safety

Step 1: Slip on a t-shirt/top to cover your skin

Step 2: Slop on SPF 30+ sunscreen to protect your exposed skin

Step 3: Slap on a hat to protect your head and face

Step 4: Slide on some quality sunglasses to protect your eyes

Step 5: Shade from the sun when you can to give yourself breaks



## Additional resources

- <https://www.cancer.net/blog/2015-07/10-tips-protecting-your-skin-sun>