Sun Protection - No Skin Off Your Nose Infographic



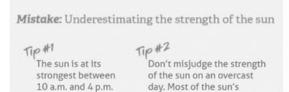
Top 5 Sun Protection Mistakes (Plus, How to Avoid Them!)

We talked with OhioHealth surgical oncologist Natalie Jones, MD, to find out where we're making mistakes with sun protection, what long-term effects can result from excessive sun exposure, and how to get back on the right track.



Mistake: Paying too much for sunscreen & not using it often enough

SPFs with higher price tags don't always equal more coverage. If it's more affordable, you're more likely to use it properly. Generously apply
SPF 15 to 30 sunscreen
every 2-3 hours.



Mistake: Choosing the wrong clothing

Tip #1
Carry a wide-brimmed hat to cover your face and neck.

Tip #2
Swim shirts with UVA/UVB protection are great options for kids

Mistake: Underestimating the threat of sun damage



harmful rays punch right

through the clouds.

Preventing sunburns is ideal, but being mindful of daily sun exposure is important, too.

Tip#2

A few blistering sunburns increases your risk of developing the three main types of skin cancer.

Mistake: Not having a baseline medical examination of your skin

Tip#

It's important to have a yearly skin exam (especially if you have moles or a fair complexion).

Tip#2

The sooner skin cancer is diagnosed, the better the opportunity for a successful outcome.

Source: https://blog.ohiohealth.com