Love the sun safely

Sun exposure is the leading cause of skin cancer — and it’s also to blame for up to 90% of the visible signs of aging.* But you don’t have to shun the sun completely. Just be smart about the time you spend outside on sunny days.

**Block it out**
Wear sunblock with SPF 30 or higher — every day, and on every body part that’s not covered by your clothes. And remember: If you can see light through the shirt you’re wearing, UV rays can get through, too.

**Don’t let the forecast fool you**
You don’t have to be at the beach to burn, and summer’s not the only time when sun safety matters. Sun damage adds up day after day — even when it’s cloudy — so make sun protection part of your everyday routine.

**Check your shadow**
Not sure if it’s a good time to hang outside? Use the shadow rule. If your shadow is shorter than you are, it means the sun’s harmful rays are at their strongest — and it’s time to head for the shade.

*Skin Cancer Foundation

Visit [kp.org/sunscreen](http://kp.org/sunscreen) and follow us @kpthrive.
Don’t get burned – be smart in the sun

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