

# Sun Safety: Myths vs. Facts

## Myth vs. Fact

The sun's ultraviolet rays can cause skin damage, leading to skin cancer, and even blindness. A common myth is that you can't get a tan without burning. In fact, a tan is your skin's natural defense against UV radiation. So, while a tan may provide some protection, it's not enough to prevent skin damage. The best way to protect your skin is by using sunscreen, wearing protective clothing, and avoiding prolonged sun exposure.

The best sunscreen you can choose is one you will wear and have available to you. Here are four things to look for when choosing a sunscreen for the best protection.

- 1 Choose lotion instead of a spray. Lotion provides more protection than spray. Sprays can accidentally be inhaled.

Choose sunscreen spray