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SUNS UP, COVER UP: DEPARTMENT ENCOURAGES SUN SAFETY DURING WARM WEATHER ACTIVITIES



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Tallahassee, Fla.—As Spring Break winds down and Florida sees more accommodating outdoor weather, the Department of Health is encouraging residents and visitors to take precautions against potentially harmful sun exposure. Make the most of Florida's beaches, lakes and parks this spring and summer and outshine the effects of the sun's ultraviolet (UV) rays.

"Florida is a remarkable place to enjoy outdoor activities," said Interim State Surgeon General Dr. Celeste Philip. "As the weather gets warmer and we're outside more often, I encourage you to take the necessary steps to ensure protection from sun exposure."

According to the CDC, a majority of Americans are not using sunscreen regularly to protect against UV rays that can damage skin in as little as 15 minutes. UV exposure is the most common cause of skin cancer, accounting for more than 90 percent of all cases.

Skin cancer is cancer that forms in the tissues of the skin, the most harmful being melanoma. Despite that nearly 90 percent of skin cancers are preventable, they are the most common of all cancers in Florida and the United States.

Remember these tips for safe and sunny outdoor ventures:

- Minimize sun exposure and seek shade during peak, midday hours;
- Wear SPF 15 or higher and apply sunscreen at least 15 minutes before exposure to the sun;
- Reapply sunscreen every two hours;
- Use protective barriers such as hats, sunglasses and clothing to block full exposure; and
- Take extra precautions if you have pale skin; blond, red or light brown hair; or if you or a family member has had skin cancer.

Use hashtag #SunsUpCoverUp to show how you're protecting yourself!

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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