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Healthy Tips from Blue365.

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The summer season has officially started. And that means many more hours outdoors, gardening, hiking, swimming, golfing, playing ball—the options are endless.

While sun exposure should be a concern year-round, it is especially important to protect your skin in summer when days are longer and we're spending so much more time outdoors. Here are some tips to keep your skin safe this summer.



What causes sunburn?

According to Mayo Clinic, sunburn occurs when skin is exposed to too much ultraviolet (UV) light, particularly ultraviolet A (UVA) and ultraviolet B (UVB) rays. Sunny, clear days are not the only times you can be exposed to UV rays and get sunburn—cloudy days, tanning beds and sunlamps can also cause sunburn. Click [here](#) to find out the symptoms of sunburn and how to treat it.



Does sunburn really lead to cancer?

Skin cancer is the most common form of cancer according to the American Cancer Society, which lists too much exposure to ultraviolet (UV) radiation (from sunlight or tanning beds and lamps)



as a risk factor. Click [here](#) to find out more about the relationship between sun exposure and skin cancer.




How can I protect myself and my family?

With so many sprays, lotions, SPF numbers and special clothing available, it's difficult to know what works and what doesn't. Click [here](#) for expert guidance on how to be safe in the sun this summer.

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