

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

Tip #1

SPFs with higher price tags don't always equal more coverage.

Tip #2

If it's more affordable, you're more likely to use it properly.

Tip #3

Generously apply SPF 15 to 30 sunscreen every 2-3 hours.

Mistake: Underestimating the strength of the sun

Tip #1

The sun is at its strongest between 10 a.m. and 4 p.m.

Tip #2

Don't misjudge the strength of the sun on an overcast day. Most of the sun's harmful rays punch right through the clouds.

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



Tip #1

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 #1

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>