How to protect your skin:

1. Wear protective clothing
   - According to the Skin Cancer Foundation, clothing is the first line of defense against harmful UV rays.
   - Consider wearing long sleeve shirts, with a neckline that covers your neck. Long pants cover more skin than shorts.
   - Look for clothing that has UPF, which stands for Ultraviolet Protection Factor. The higher the UPF, the greater the protection.

2. Sunglasses
   - The sun can harm the lens and cornea of the eye.
   - UV, according to Web MD, can increase your odds of getting cataracts.
   - Consider wearing a wide brimmed hat and sunglasses with a 99 or higher UV block.

3. Sunscreen
   - Use a sunscreen that is labeled “Broad Spectrum” and SPF 15 or higher.
   - It is advised to put on an ounce of sunscreen and then to reapply the same amount every two hours when exposed to the sun!

4. Avoid Peak Sunlight Hours
   - Try to avoid the sun during the peak hours of 10 a.m. to 4 p.m.

Prevention is key when you want to have some fun in the sun! The UV rays may provide warmth, a great tan, and vitamin D, but they also create age spots, wrinkles, and skin cancer. Practice moderation this summer.