HERE’S WHAT YOU CAN DO THIS MONTH TO STAY HEALTHY AND PRODUCTIVE

Avoid excessive sun exposure—Limit your time in the midday sun (10 a.m.—4 p.m.). If you work outdoors, wear sunscreen, a hat, sunglasses, and clothing that covers up your arms and legs.

Use sunscreen if you’re taking a walk at lunch—30 minutes before going into the sun, apply sunscreen with a sun protection factor (SPF) of at least 30. Reapply every two to three hours, and after swimming or sweating a lot.

Do a monthly skin exam—using a full-length mirror, examine your skin from head to toe, looking for suspicious growths that may be cancers or precancers.

Stay skin-smart—go to kp.org/health and kp.org/womenshealth for more information on sun protection and skin health.