

Summer May Be Ending — But Not the Need for Sun Safety

Don't forget the sunscreen on those last days at the beach.

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Whether you're headed for a remote beach or a city park to enjoy the last weekend of the summer, don't forget to protect yourself and your loved ones from the sun.

The days may be getting shorter, but the sun's rays are still strong enough to cause sunburn and increase the risk of melanoma and other types of skin cancer. In fact, this is true all year round, especially if you participate in activities that involve reflective water or snow.

Before you head outdoors, check out these Cancer Health resources about skin cancer and sun safety:

- Cancer Health Basics on [melanoma](#) and other types of [skin cancer](#)
 - Advice from a dermatologist about [staying safe in the sun](#) (UCSF)
 - [Skin cancer prevention information](#) (Melanoma Research Alliance)
 - [Choosing the right sunscreen](#) (Melanoma Research Alliance)
 - [Don't Fry Day](#) is past, but the message is still timely
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