



DERMACARE THE DERMASHOP DERMAHEALTH  
.COM

# Be Sun Smart!!!

## AVOID SUN EXPOSURE

when possible during peak hours.

## WEAR SUN PROTECTIVE CLOTHING

Wide-brimmed hat, sunglasses, etc.

## APPLY AND RE-APPLY SUNSCREEN FREQUENTLY

The appropriate sunscreens are available in the clinics or online at [TheDermaShop.com](http://TheDermaShop.com)

☀ **For UVA protection (90+% of sun rays) look for:**

1 of 3 active ingredients: Zinc Oxide, Titanium Dioxide, or Avobenzone

☀ **For UVB protection (5+% of sun rays) look for:**

SPF 30 or higher

## PERFORM MONTHLY SELF-SKIN EXAM

Schedule Annual Full Body Skin Exam with the Skin Experts at  
**DermaHealth Dermatology & Dermasurgery**

1295 Fowler St., Suite 102  
Richland, WA 99352  
(509) 783-2004  
[DermaHealthDerm.com](http://DermaHealthDerm.com)