Too much fun in the sun can be harmful, especially to our skin. Without protection, the sun’s ultraviolet A and B rays can damage the skin allowing sunburn, premature aging and skin cancer to occur.

The skin does carry a natural sunblocker called melanin. The darker your skin is, the more melanin you have, and the easier it is for you to protect yourself against the sun. People with lighter skin are less protected. **No matter what skin tone you have, don’t forget the sunblock.**

How effective are some of our common sun blockers? This chart shows how much UV light penetrates these materials.