

# Healthy Skin Starts Today



**November is National Healthy Skin Month.  
Take this opportunity to give your skin some love.**

## Basic Sun Smarts

The sun can damage your skin all year long, even on cloudy or rainy days.

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Even when staying indoors during the colder months, you get sun exposure through windows at the office, at home and in cars.



### Cover up.

Sunglasses, long sleeves, close-toed shoes and wide-brimmed hats provide long-term protection.



### Hide out.

Get in the shade between 10 a.m. and 4 p.m., when the sun's rays are strongest.



### Lather up.

Use sunscreen with a minimum of 30 sun protection factor (SPF).



## Daily Gentleness

Make healthy skin part of your routine.

**Choose mild, non-scented skincare products.** If you use makeup, make sure it doesn't clog pores.

**Only wash your face a couple times each day.** Limit your use of hot water and soap.

**Moisturize after showering to trap your skin's moisture.** Normal to dry skin benefits from cream- or petroleum-based moisturizers.



## Added Touch of Protection

Everything that touches your skin makes a difference.

**Go with soft fabrics.** Silk and cotton are gentler on your skin.

**Stay safe in the cold.** If possible, avoid extremely low temperatures. When you must go out in the cold, cover your face.

**Visit your dermatologist.** If you notice any new or concerning skin issues, see a professional.



**It's never too late to start improving your skin health.  
Visit [weillcornell.org/doctors](http://weillcornell.org/doctors) to find a provider who can help.**