# Weill Cornell Medicine

# 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.

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.



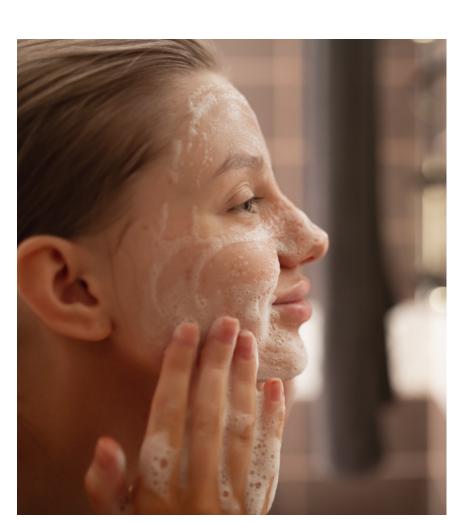
### Hide out.

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 to find a provider who can help.