Should I Wear Sunscreen On a Cloudy Day?

The answer is yes. Sunscreen should be worn 365 days a year. That's every single day. The reason for this is that even if the sun is not visible, like on a cloudy or rainy day, the UVA and UVB rays of the sun are still beating down on you. You don't have to see or feel the sun to be exposed to it. You could even potentially get a sunburn on a cloudy day if you are not careful.

But what about in the winter? Surely you wouldn't need to wear sunscreen in the winter! Actually, yes you do. The sun can beat down on your even during the winter. Wearing sunscreen in the winter will ensure your skin does not become exposed to the harmful rays that are beating down every day of the year. It may seem funny or odd to wear sunscreen during the winter, but doing so ensures your skin will be protected no matter the season.

Wearing sunscreen on a daily basis will prevent your skin from aging prematurely and showing signs of aging as you get older. Allowing your skin to be its own natural color is all the rage nowadays. Skin cancer is the most commonly diagnosed cancer today. It is estimated that 1 in every 3 Americans will be diagnosed with skin cancer at some point in their life. Make sure that 1 in 3 is not you and be sure to apply your SPF 30 sunscreen everyday!

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