

Protecting yourself from ultraviolet radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days.

Time for sunscreen. So what does Mayo Clinich Health System's Mary Duh (DUE) recommend?

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She says another way to protect yourself from the sun and sunburns.....avoid tanning inside as the UV rays are 8 times higher then they are outside.