

# Protect your skin from head to toe!



With summertime comes warmer weather and lighter clothing, as we're all trying to stay cool. Skin needs extra protection in the summertime, when the sun's rays, plants, bugs and more can put our skin at risk for rash, sunburn and infection. Read more about how to keep your skin healthy, clear and protected from head to toe.



## Face and neck

Apply sunscreen to your face and neck every day. Prevent razor burn by keeping facial skin clean, hydrated and moisturized before and after shaving. Check with your dermatologist about skin care products, which may contain ingredients that cause photosensitivity.



## Head, neck and shoulders

Protect these areas from the sun by wearing sunscreen, hats, sunglasses, sun buffs and sun shirts when spending extra time outside.



## Arms and hands

Wear long sleeves and gloves when gardening or working outside to prevent cuts, insect bites, sunburn and poison ivy. Don't forget the insect repellent!



## Chest and back

Shower immediately after workouts to prevent clogged pores and acne. Apply sunscreen to your chest and neck, which can often be forgotten.



## Torso and lower abdomen

Be extra careful about sun exposure here, using a higher SPF on pale skin that doesn't normally see lots of sun. Consider a one-piece swimsuit or swim shirt to prevent too much sun. Change out of wet bathing suits as soon as possible after swimming.



## Legs

Wear insect repellent and pants to keep bugs at bay. While working in the garden or on the house or car, use pads or a cushion to protect your knees.



## Feet and toes

Wear closed-toed shoes on walks or hikes and water shoes while swimming to prevent cuts and bruising. Keep your feet clean, dry and moisturized. Treat blisters. Don't pick at or cut off callouses. If you have diabetes or other circulatory concerns, always wear shoes or slippers and socks.



Cuts, scrapes, bites and burns can lead to secondary infection, especially for those who are living with conditions like diabetes. If you have signs of a secondary infection, like swelling, chills, rash, pus, drainage or white patches in your mouth or on your tongue, seek medical care immediately.

Not a Livongo member? See if you're eligible for personalized health support at [enjoy.livongo.com/new](https://enjoy.livongo.com/new).