Do I need to wear sunscreen in the winter?

January 8, 2019 By Lucinda K. Porter RN

Yes. If you are exposed to the sun, even through a car window, wear either sunscreen or protective clothing with sun blocking capabilities. This advice applies to all skin types, colors and ages.

Using sun protection is a year-round, no exceptions recommendation. Do this even on cloudy, foggy, or snowy days. UVA radiation is a constant threat, and although you won't get a sunburn from it, you can still get cancer. Tanning beds are especially harmful and associated with increased risk of melanoma.

Skin cancer rates, including the most threatening form – melanoma, are increasing in the United States. Click here to learn more about skin cancer and how to prevent it.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.hepmag.com/article/need-wear-sunscreen-winter