

Sun Safety Recommendations

- Avoid sun midday from 10 a.m. to 2 p.m. when UV rays are strongest.
- Cover up when outside by wearing a wide-brimmed hat, long-sleeved shirt and full-length pants.
- Seek shade on sunny days. Use an umbrella at the beach or pool and take breaks under shaded areas.
- Use water-resistant broad-spectrum sunscreen with an SPF of 30 or higher 15-30 minutes before going outside daily. Reapply sunscreen at least every two hours and right after swimming, sweating or toweling off.
- Wear sunglasses with 100 percent UVA and UVB protection. Make sure prescription glasses have UV protection too.

