

HOW TO STAY SAFE IN THE SUN

Enjoy the sunny days while staying safe and protected!



Always wear sunscreen.



Apply sunscreen with SPF 30 or higher at least 15 minutes before going out. Reapply often.

Wear protective clothing.



Cover up when out in the sunshine. Put on a hat to protect your face and neck.

Wear sunglasses.



Keep your eyes protected with sunglasses that are designed to block UV rays.

Don't stay out in the sun too long.



Limit your time in the sun, especially between 11 AM and 3 PM. Seek shade if you can.

Weather



Our skin can burn even if it's cloudy! Apply sunscreen to protect your skin.

Splish, Splash



Water washes sunscreen off. Sunscreen should be reapplied straight after you have been in water.