



SHADE YOURSELF FROM THE SUN

Four easy ways.

Protecting yourself from the sun's UV rays is important every day of the year. Avoid being outdoors in direct sunlight too long. This is important between the hours of 10:00 am and 4:00 pm when UV light is the strongest.¹

If you plan to be outside during these hours, follow a few sun safety guidelines²



Stay in the shade.

Try using an umbrella or sitting under a tree



Wear clothing to protect exposed skin.

At the beach, wear a cover-up over your bathing suit. Lightweight clothing, such as a long-sleeved shirt and long pants offer the most protection. A canvas hat with a wide brim can help protect more sensitive areas, like your face, head, ears and neck



Protect your eyes.

Wear sunglasses that wrap around and block almost 100% of UVA and UVB rays



Use a sunscreen with an SPF of 15 or higher.

Check the label to make sure it blocks both UVA and UVB rays. Don't forget to reapply every two hours, after you swim or if you sweat

Sources:

1. American Cancer Society. "How do I protect myself from UV rays?" <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/uv-protection.html> (last revised July 26, 2016)

2. Centers for Disease Control and Prevention. "Sun Safety" https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm (last updated August 25, 2016)

Together, all the way.®



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