


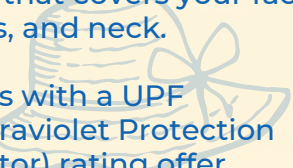
SUN SAFETY TIPS

Protect Your Skin from UV Radiation

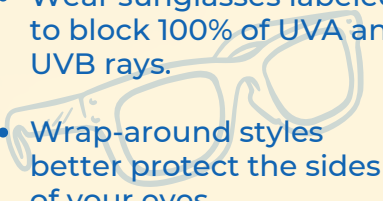
Use Sunscreen

- Apply a broad-spectrum sunscreen with an SPF of at least 30.
 - Reapply every two hours, or more often if swimming or sweating.
 - Don't forget areas like ears, neck, and the tops of your feet.
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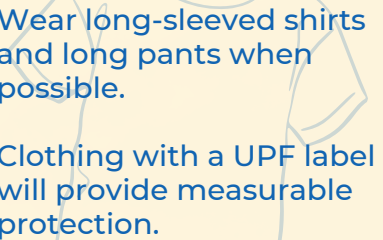
Wear a Hat

- Choose a wide-brimmed hat that covers your face, ears, and neck.
 - Hats with a UPF (Ultraviolet Protection Factor) rating offer measurable protection.
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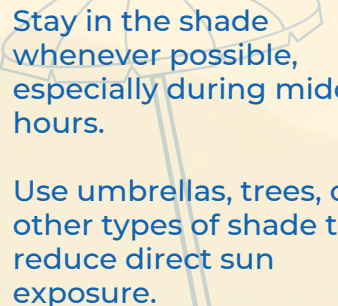
Sunglasses

- Wear sunglasses labeled to block 100% of UVA and UVB rays.
 - Wrap-around styles better protect the sides of your eyes.
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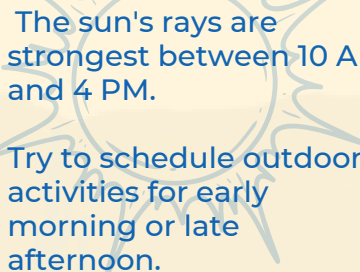
Protective Clothing

- Wear long-sleeved shirts and long pants when possible.
 - Clothing with a UPF label will provide measurable protection.
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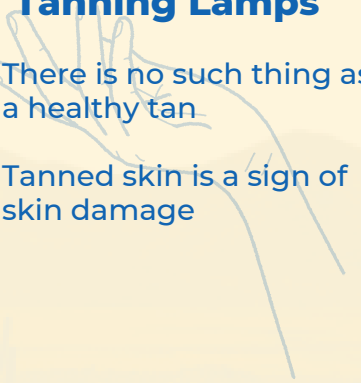
Seek Shade

- Stay in the shade whenever possible, especially during midday hours.
 - Use umbrellas, trees, or other types of shade to reduce direct sun exposure.
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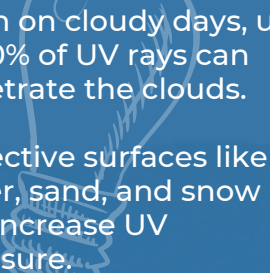
Avoid Peak Sun Hours

- The sun's rays are strongest between 10 AM and 4 PM.
 - Try to schedule outdoor activities for early morning or late afternoon.
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Avoid Tanning from the Sun and Tanning Lamps

- There is no such thing as a healthy tan.
 - Tanned skin is a sign of skin damage.
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Remember

- Even on cloudy days, up to 80% of UV rays can penetrate the clouds.
 - Reflective surfaces like water, sand, and snow can increase UV exposure.
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STAY SAFE, STAY PROTECTED!

