



Simple Sun Safety

- Avoid the sun between 10 A.M. and 4 P.M., when its rays are strongest.
- Apply a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 that shields both UVA and UVB rays.
- Reapply sunscreen every two hours when outdoors, even on cloudy days.
- Wear protective, tightly woven clothing, such as a long-sleeved shirt and pants.
- Wear a hat with a four-inch-wide brim and sunglasses, even when walking short distances.
- Stay in the shade whenever possible.
- Avoid reflective surfaces; they can reflect up to 85 percent of the sun's damaging rays.
- Protect children by keeping them out of the sun, minimizing sun exposure, and applying sunscreens beginning at six months of age.

Source: American Academy of Dermatology
