

SUN SAFETY

Both children and adults need to practice good sun safety habits. Sunscreen should be worn while outside at all times, every day and all year long. Repeated, unprotected time spent in the sun, can cause permanent damage to the skin.

The tips below can help you practice good sun safety habits!

- Remember the sun is everywhere; protect your entire body, even your hands, nose and ears.
- Try to limit your time in the sun during the hours of 10 AM to 4PM
- Use sunscreen with a SPF (Sun Protective Factor) of at least 30 that protects against both UVA and UVB rays (broad spectrum.)
- Apply sunscreen at least 15-30 minutes BEFORE you go outside.
- Reapply sunscreen every 2 hours, after swimming, sweating or toweling off.
- Make sure you wear a wide brimmed hat for your head, sunglasses for your eyes and protective clothing for your body.
- Please check your medications; some can cause you to become more sensitive to the sun.

And always, stay in the shade whenever you can, too much direct sun can end your fun!