



# SUN SAFETY TIPS

## CHECK THE UV INDEX DAILY!

- ◆ Look in the weather section of the newspaper
- ◆ Higher number (1 to 11+) = greater UV
- ◆ Take more precautions on high UV days

## LIMIT DIRECT UV EXPOSURE!

- ◆ Seek shade during breaks
- ◆ Use large umbrellas or other portable shade

## COVER UP WITH CLOTHING!

- ◆ Choose, whenever possible, to wear long-sleeved shirts, long pants, wide-brimmed hats and back-flap hats
- ◆ Wear dark-colored, tightly-woven fabrics (ones you can't see through when held up to the light)
- ◆ Cover your eyes with 100% UV blocking sunglasses

## USE SUNSCREEN!

- ◆ Wear sunscreen and lip balm with SPF 30 or higher that blocks UVA and UVB
- ◆ Apply sunscreen 15-30 minutes before going out
- ◆ Reapply at least every 2 hours

## EXAMINE YOUR SKIN!

- ◆ Watch your moles and other skin spots
- ◆ Report unusual skin changes to your doctor

*Warning: Do not depend on sunscreen alone. Combine sunscreen with wide-brimmed hats, UV-protective sunglasses, and cover-up clothing to increase your protection against UV radiation.*

This program is sponsored by the Cancer, Cardiovascular Disease, and Pulmonary Disease Grants Program, at the Colorado Department of Public Health and Environment



Visit [sunsafecolorado.org](http://sunsafecolorado.org) for more information.

the road map to sun safety