



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!

Work or play inside during peak sun hours (midday)
Use large umbrellas or other shade cover
Avoid tanning booths and sunlamps

COVER UP WITH CLOTHING!

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

USE SUNSCREEN!

Wear sunscreen and lip balm with SPF 15
or higher that blocks UVA and UVB
Apply sunscreen 15-30 minutes before going out
Reapply every 2 hours or more often
after swimming or sweating

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 tightly-woven clothing
to increase your protection against UV radiation.*



check with your school or
workplace for more info

the road map to sun safety

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