



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