

Be safe in the sun!

Minimize Sun Exposure: when UV rays are strongest - after 11:00 a.m. and before 4:00 p.m. Always use sunscreen, even on overcast days. Water, sand & concrete can reflect and increase the sun's burning rays.



Seek & Create Shade: use shade from trees and buildings, umbrellas, or create other forms of shade if necessary.

Cover Up: your head, neck and ears with a broad-brimmed hat; arms and legs with tightly woven, loose fitting, cotton clothing and your eyes with UVA/UVB protective sunglasses.

Use Sunscreen: that protects against both UVA and UVB rays with a sun protection factor (SPF) of 15 or more. Apply generously before going outdoors at least 20 minutes before sun exposure and reapply often.

Check the UV index: the higher the number means a stronger sun and the more sun protection you will need.

