

Have a sun safe summer!

- Minimize sun exposure between 11:00 a.m. and 5:00 p.m. when the sun is strongest
- Seek & create shade from trees, 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 always even on overcast days. Choose one that protects against both UVA and UVB rays with a sun protection factor (SPF) of 30 or more. Apply generously at least 20 minutes before sun exposure and reapply often. Water, sand & concrete can reflect and increase the sun's burning rays
- Check the UV index daily: a higher number means the sun is stronger and more sun protection is needed



For more information about sun safety visit bit.ly/tbay_uvindex or www.tbdhu.com

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