

Stay Protected, *Stay Healthy*

Spending time outside is a healthy habit, but too much exposure to the sun can be harmful. Sun safety is important all year round, no matter the weather. Sun safety is for everyone, regardless of skin tone.

Why is sun safety important?

When we draw a picture of the sun, we usually draw a yellow circle with lines coming from it. Those lines are real but invisible! It is called ultraviolet light, or UV rays. UV rays can damage the skin and even cause skin cancer, like melanoma, if we get too much exposure to it. Sun safety is protecting our skin from UV rays all year round, even when it's cool and cloudy.

How can I protect myself from the sun?



Wear sunscreen

- Wear a broad-spectrum sunscreen that has an SPF of 30 or higher.
- Apply sunscreen to all exposed skin 15 minutes before going outside.
- Reapply sunscreen every 2 hours or after swimming.



Reduce sun exposure

Limit your time in the sun by taking breaks in shaded areas, like under an umbrella, tree, or other shelter.



Wear protective clothing & accessories:

- Lightweight long-sleeve shirt and long pants, when possible.
- Darker colors provide more protection than light colors.
 - Wide-brimmed hats, especially a brim that can cover your face, neck, and ears.
 - UV-protected sunglasses.



Avoid peak sun hours

Schedule outdoor activities during the cooler parts of the day. UV rays tend to be strongest from 10 a.m. to 4 p.m. It is important to limit hard physical activity on hot, sunny days.



Sunscreen is not recommended for babies 6 months old or younger. It is recommended that infants stay out of the sun or wear protective clothing.