



## Keep An Eye On Your Time In The Sun

- Plan outdoor activities before 10am and after 3pm when the sun is less intense.
- Find a shady place to rest or play when you are outside.
- Protect your skin and eyes even on cloudy days.



## **Keep Your Skin Under Cover**

- Wear long-sleeved shirts, long pants, and socks and shoes to cover your skin.
- Wear sunglasses with ultraviolet (UV) protection when outdoors in all seasons.
- Wear a hat that protects your ears, nose, face, and neck (e.g., wide-brimmed hat or flappy-jack hat).



## Sunscreen Makes Good Sense

- Wear sunscreen with a Sun Protection Factor (SPF) of 15 or greater every day year-round.
- Put sunscreen on your children every day before they go to school or outside.
- Rule of thumb: Reapply sunscreen every 2 hours or more often when enjoying water sports or activities that cause perspiring.



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