

SUN SAFETY

TOP TIPS FOR AVOIDING THE SUN'S HARMFUL UV RAYS

Wear sunscreen year-round. Even when it is not sunny or hot outside, we are still exposed to the sun's UV Rays. Choose a sunscreen that is water resistant, has broad spectrum UV coverage, and an SPF of at least 30.



Don't just depend on sunscreen to protect you. Layer up with clothing, a hat, and sunglasses that protect against UVA and UVB rays.

Make sure you stay hydrated. Avoid dehydration by drinking lots of water and cool liquids throughout the day.



Avoid using tanning equipment or laying out in the sun for long periods of time. Exposure to UV rays increases your risk of developing skin cancer



Limit your time in the sun - especially in the middle of the day (between 11:00am-3:00pm) when the sun's rays are extra powerful and the UV index is often the highest.