



# Love the Sun???

Don't get **BURNED!**

Follow these Sun Safety Tips for you & your Family:

- ◆ **Always** wear sunscreen with 15 SPF or higher
- ◆ Reapply sunscreen often (about every 2 hours and/or after swimming or toweling off)
- ◆ Seek shade or avoid the sun especially during mid-day hours (10:00am-4:00pm)
- ◆ Wear a wide brimmed hat to protect your face, head, ears & neck
- ◆ Wear sunglasses that wrap around your face
- ◆ Use protective clothing to cover any exposed skin
- ◆ Avoid tanning beds and sunlamps

## **Don't forget!**

- **EVERYONE** is at risk for skin cancer
- UV rays can still damage your skin on cloudy days

