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

Edison Township Department of Health and Human Services
For more information, call 732-248-7286