SUMMER SAFETY TIPS

SUN SAFETY

• Do not stay in the sun for long. The sun is the hottest from 10 am to 4pm

• Be sure to drink plenty of water throughout the day

CLOTHING:

• Wear light, loose fitting clothing, a hat and sunglasses with ultraviolet ray (UV) protection

• Make sure to put on dry clothing if your clothes are soaked from sweat

SUNSCREEN:

• People with all skin tones need to wear sunscreen when going outside

• Put on sunscreen with a sun protection factor (SPF) of at least 15

• Put on sunscreen on both sunny and cloudy days

• Put on sunscreen at least 15 minutes before going in the sun

• Put on sunscreen again after swimming or sweating

Remember to ALWAYS wear sunscreen!

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