

Scan the QR codes for more important sun safety tips



Tips to Stay Safe in the Sun:
From Sunscreen to Sunglasses | FDA



Sun Safety | Skin Cancer | CDC

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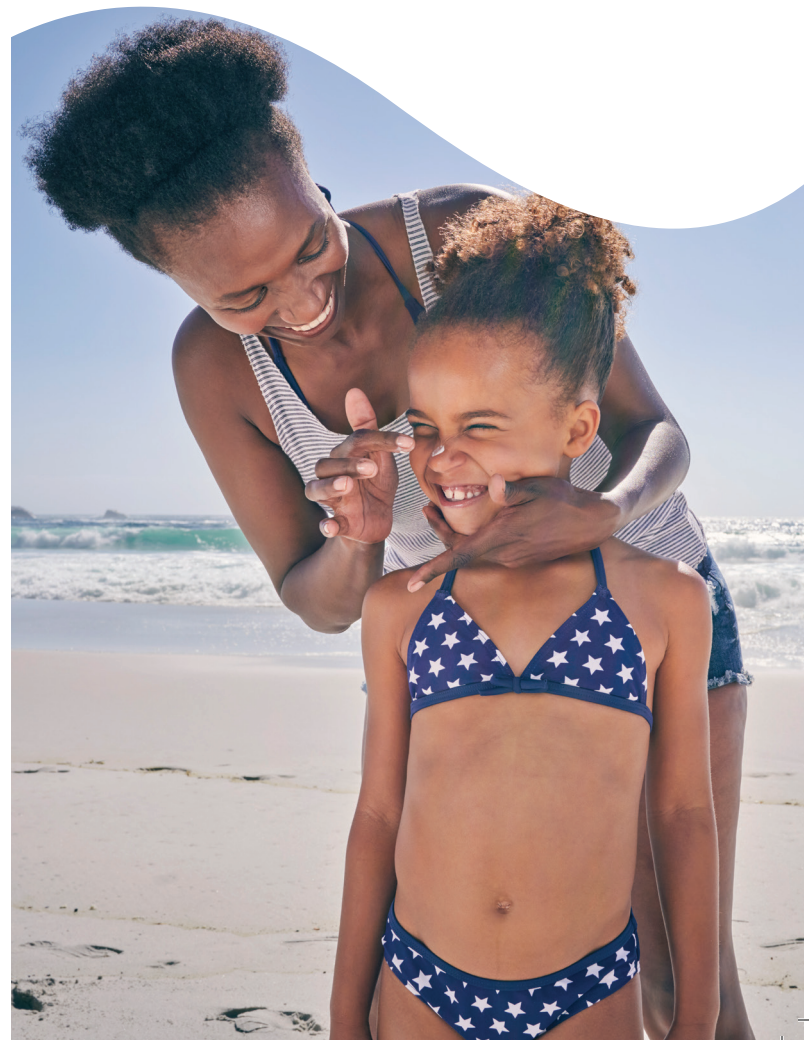
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Sun safety

Protect your skin



Being outside is healthy and fun for everyone, and is a great way to get vitamin D, be physically active, and reduce stress. But, it is important to remember to be safe while doing all activities.

You can work and play outside without raising your risk of skin cancer by protecting your skin. Here are a few sun safety tips to remember while you're out having fun.

Sun safety tips

S Shade

Staying in the shade can lower your chance of getting sunburnt.

U UV rays

The higher the UV ray, the stronger the sun, and more likely you are to burn.

N No sunscreen is completely waterproof and can block all UV radiation

Use broad spectrum sunscreens with an SPF of at least 15 and reapply regularly.

S Sunglasses

Sunglasses protect your eyes from damaging UV rays which can cause long lasting damage over time.

A Apply sunscreen liberally

Cover all uncovered skin with sunscreen. Don't forget your ears, feet, nose, lips, and neck.

F Find ways to cover up

Clothing can be used to help protect against UV rays. Wear a hat and make sure your feet remain covered when walking on hot surfaces.

E Encourage others to stay safe in the sun

Encourage friends, family, and children to stay protected against sunburn.

T Time—limit your time in the sun

The longer you are in the sun the higher you are at risk of sun damage.

Y You can prevent sunburn

Stay informed and be prepared. Check the weather and the UV index before going out in the sun.

