

SAFE FUN

~ UNDER ~

THE SUN

Tips For a Safe Summer Under the Sun

SLIP on sun-protective clothing

Look for fabrics that are made to absorb the sun's harmful UV rays.
Try to cover as much skin as possible!

SLOP on sunscreen

Use broad spectrum water-resistant SPF 30+ sunscreen.
Apply 30 minutes before going outside.
Reapply every two hours or after swimming or excessive sweating.

SLAP on a hat

Find a hat that protects your face, neck, head and ears -- hats on, fun's on!

SEEK shade

Even in the shade, the sun's rays can reflect from sand and concrete so keep wearing your hat, sunscreen and protective clothing.
Finding shade is especially important between 10 a.m. and 4 p.m.

SLIDE on a pair of sunglasses

Sunglasses protect your eyes from UV rays.
Find a pair that are close fitting and cover as much of the eye area as possible.



DID YOU KNOW?

- **You can get sunburned on a cloudy day.**

Eighty percent of the sun's rays can penetrate light clouds, mist and fog.

- **Sunscreen DOES expire.**

Check the date. It has a shelf life of no more than three years, even shorter if exposed to high temperatures such as in a glove box or stored on a boat.

- **Most people do not apply enough sunscreen.**

The average person needs about 1 ounce of sunscreen to cover the body.

- **Babies six months or younger should not be in the sun.**

Keep babies six months or younger out of the sun completely whenever possible.

FUN TIP FOR KIDS !

Teach children the shadow rule:
If your shadow is shorter than you, the sun's rays are at their strongest.