



SUN SAFETY TIPS

AVOID THE SUN

Stay in the shade whenever possible. The sun's rays are strongest between 10 a.m. and 3 p.m. Remember you can still get a sunburn on cloudy days, too.

COVER UP

Wear loose fitting tightly woven fabrics – long sleeved shirts, long pants and hats with a 4 inch wide brim. Special sun protective clothing can be purchased through : LL Bean (800-809-7057), Solumbra Clothing Sun-Precautions (800-882-7860), Sportif (775-359-6400) and Orvis (800-333-1550).

USE SUNSCREEN

Apply sunscreen daily. More than half of ultraviolet light exposure occurs in non-summer months. Sunscreens are available in many forms and are labeled with SPF numbers. Use a broad-spectrum sunscreen with a minimum of SPF 30. Most sunscreens break down when exposed to the sun reducing their protection. Apply sunscreen 20 minutes before going out in the sun and reapply every two hours. Remember to protect your lips with sunscreen lip balms and reapply often.

PROTECT YOUR CHILDREN

Teach your children at an early age to wear sunscreens daily. Take extra care to protect babies and children from the sun. Studies show that severe sunburns in the early years can increase the risk of skin cancers later in life.