



# Sun Safety

We all like to work, play and relax outside on a sunny day. The warm rays of the sun feel good on our skin. Too much sun can be harmful, so be careful! The sun's burning rays are also called **UV** rays. **UV** stands for ultraviolet.

### UV rays can cause:

- sunburn
- skin cancer
- eye damage
- premature skin aging

## Safety Tips

- Plan to be outside in the early morning or late afternoon.
- Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.
- If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.
- Wear sunglasses that provide **UVA** and **UVB** protection.
- Use a sunscreen lotion or cream that is **SPF 15** or more. **SPF** means Sun Protection Factor.
- Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the **UVA** and **UVB** rays.
- Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.
- Don't forget your lips, ears and nose. These parts of your body burn easily.
- Sunscreen gets washed off by water and sweat. So, put more sunscreen on after you go swimming or if you are sweating.



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