UV Safety: Stay Safe in the Sun

- **Do Not Burn or Tan**: Avoid intentional tanning. It may contribute to skin cancer and premature aging of skin.

- **Seek Shade**: Get under cover when the sun’s rays are the strongest between 10:00 am and 4:00 pm.

- **Wear Protective Clothing**: Wear long-sleeved shirts and pants and a wide-brimmed hat as well as UV-blocking sunglasses.

- **Apply Sunscreen – GENEROUSLY**: Use a Broad Spectrum sunscreen with a Sun Protective Factor (SPF) of 30 or higher for protection from ultraviolet A (UVA) and ultraviolet B (UVB) rays, which contribute to premature aging, sunburn and skin cancer. Always follow the label directions and apply sunscreen generously. Apply 15 minutes before going outdoors and reapply every two hours, or after swimming, sweating, or toweling off.

- **Use Extra Caution Near Water and Sand**: These surfaces reflect the damaging rays of the sun, which can increase your chances of sunburn.

- **Get Vitamin D Safely**: While the skin needs sunlight to help manufacture vitamin D, which is important for normal bone health, overexposure to UV light can be detrimental by damaging and killing skin cells.

- **Protect Children from UV Rays**: Children, the elderly, and those with certain medical conditions may need special attention or be more sensitive to sun. Parents and other caregivers should protect children from excess sun exposure by using the steps above. Infants under six months should be kept out of direct sunlight and protected from the sun using hats and protective clothing.