

What You Can Do:



Avoid spending long periods of time in the sun from 11am to 4 pm.



Look for shaded areas or create your own shade.



Cover up with clothing.

- Wear loose fitting, tightly woven fabrics. Lycra or polyester is better than cotton.
- Wear a hat with a wide brim or a flap that covers the ears and back of your neck



Put on UV protected sunglasses.



Use sunscreen with SPF 15 or higher that gives protection from both UVA and UBA rays.



Keep babies under one year of age out of direct sunlight.

Tanned skin is damaged skin!

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Be Sun Safe

Skin cancer is preventable. Be sun smart and practice these sun safety precautions.



Limit time in sun

Shade

Hat

Sunglasses

Clothing

Sunscreen

Why is sun safety important?

- We are exposed to more ultraviolet rays today than 25 years ago.
- We spend more time outdoors.
- We wear less clothing.
- The ozone layer, that protects us from the sun's harmful rays is thinner today than it was 25 years ago.

Plan ahead.

Know the daily UV index (check your T.V., radio or newspaper) and take the needed precautions to be sun safe.

Enjoy the sun but protect your skin.

For more information call:
Heart Health, Cancer Prevention and
Injury Prevention Program
883-2008

Revised April 2005
EHLR064



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