

The ABCs of Sun Safety

★ LEVEL: Easy

Always use sunscreen!

Be careful between 10AM and 4PM, the sun's strongest hours.

Cover your head and ears with a wide-brimmed hat.

Don't forget to take breaks from the hot sun.

Eyes are especially sensitive to the sun — protect them too!

Factor in the right sun protection — use SPF as your guide.

Go inside when you feel too hot.

Have fun in the sun!

Injuries can result from not drinking enough water when it's hot outside.

Just because it's cloudy doesn't mean you can't get sunburn.

Knock out sun damage — use sunscreen every day!

Long shirts and pants will help protect your skin from the sun.

Many people don't realize the importance of wearing sunglasses.

Notice what time you apply sunscreen so you know when it's time to reapply.

Only you can protect your skin — practice sun safety!

Pay attention to your skin — if you plan to be in the sun, cover up.

Question family members and friends who say they don't need to use sunscreen.

Remember: too much sun can cause long-term damage to your skin.

Sun that reflects off water and snow can still give you sunburn.

Take time to apply sunscreen 30 minutes before you go outside.

Urge family members to practice sun safety.

Vitamin D comes from sunlight.

Waterproof sunscreen helps when you sweat, but you still need to reapply it.

EXtra effort to protect your skin from sunburn is worth it.

You can still get sunburn, no matter what your skin type is.

Zounds! That's a lot to remember about sun safety!

