



**block
the sun,
not the
fun!**

Enjoy the outdoors and protect your family and yourself by following these simple sun safety tips:

- ✓ **Apply sunscreen that protects against both UVA and UVB rays whenever you're outdoors**
 - Adults should use sunscreen with SPF 15 or higher
 - Children should use SPF 30 or higher
- ✓ **Apply sunscreen every two hours, and after swimming, perspiring, or toweling off**
- ✓ **Wear UV protective sunglasses**
- ✓ **Wear a hat with a wide brim**
- ✓ **Seek shade at peak sun hours**

**For more information on sun safety visit
www.SunSafetyAlliance.org**



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