



Enjoy the Sun Safely

Protect your skin, protect your eyes



Check the UV Index and Avoid Peak Hours

When the UV Index is 3 or higher, protect your skin as much as possible. Plan outdoor activity before 11:00 a.m. and after 3:00 p.m. when you can.



Cover Up

Wear a wide brim hat and loose, tightly woven clothing to protect as much of your skin as possible.

Wear sunglasses or eyeglasses with UV-protective lenses when outdoors all year round.



Seek Shade

Look for shaded areas or create your own shade.



Use Sunscreen

Apply a broad-spectrum UVA and UVB, water resistant sunscreen, with SPF 30 or higher.

Apply a generous amount and reapply after swimming, sweating, or toweling off.

Use a sunscreen lip balm to protect lips.