ENJOY THE SUN SAFELY

"NO ONE IS COMPLETELY SAFE FROM THE SUN"

CHECK THE UV INDEX EVERYDAY

Try to reduce your time in the sun between 11 a.m. and 3 p.m. – when the sun's rays are at their strongest – or any time of the day when the UV Index is 3 or more.

UV Index	Exposure
0–2	Low
3–5	Moderate
6–7	High
8–10	Very high
11+	Extreme

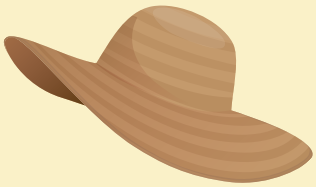
COVER UP

Cover up as much of your skin as you can with clothing that is made from tightly woven fabric.

APPLY SUNSCREEN

Sunscreen absorbs UV rays and prevents them from penetrating the skin. Apply SPF 30 or higher water resistent sunscreen, 20 minutes before sun exposure. Reapply every 2 hours.

WEAR A HAT & SUNGLASSES



Choose a broad-brimmed hat that covers the head, face, ears and neck. Sunglasses do not have to cost a lot! Choose close-fitting sunglasses with UVA and UVB protection in a wraparound style.

SEEK SHADE

If your shadow is shorter than you, find some shade because this means the sun's rays are at their strongest.

REMEMBER TO STAY HYDRATED

C C SOCIETY, 2024