

## Sun Safety

- Use sunscreen -- even on cloudy days.
- The sun reflects off the snow and is stronger than you think, even on cloudy days!
- Re-apply sunscreen throughout the day.
- A sun protection factor (SPF) of at least 15 blocks 93 percent of UV rays.
- Use a lip balm with at least SPF 15.
- Wear UV-absorbent shades. Sunglasses don't have to be expensive, but they should block 99 percent of UVA and UVB radiation.
- Wear a light-colored hat. When appropriate, wear a wide brim hat.
- Wear a light-colored, long sleeve t-shirt on warm, sunny days.
- Drink plenty of water before you get thirsty.
- Avoid caffeine and alcohol or large amounts of sugar.



***...SLIP ON PROTECTIVE CLOTHING***



***...SLOP ON SPF 30+ SUNSCREEN***



***...SLAP ON A HAT***



***...SEEK SHADE***



***...SLIDE ON SOME SUNGLASSES***

# Be Sun Smart

## Myths and Facts

**MYTH:** The sun can't hurt you if it's cloudy.

**FACT:** Clouds do not offer complete protection from sun exposure. Up to 80% of the sun's rays can penetrate light clouds, so be sure to apply sunscreen.

**MYTH:** I can put sunscreen on and go out into the sun, or water, right away.

**FACT:** It takes at least 30 minutes after applying sunscreen before the active ingredients soak into your skin. Sunscreen should be reapplied every two hours or immediately after swimming, toweling off or sweating a lot.

**MYTH:** I don't need to drink until I am thirsty.

**FACT:** Thirst is a sign that your body is already dehydrated. Drink water regularly throughout the day, particularly if you are outside in the sun and/or enjoying physical activity.

**MYTH:** A high SPF sunscreen is all you need for sun protection.

**FACT:** Wearing a high SPF sunscreen does not mean you are completely protected against sun damage. For good coverage, seek out shade and wear sunscreen as well as protective clothing.

**MYTH:** Any hat or pair of sunglasses will protect me from the sun.

**FACT:** To protect your eyes and skin wear sunglasses that provide 100% UVA/UVB protection. Choose a hat that has a wide brim and/or a flap at the back to cover your ears and neck.



### The 5S's of Summer Safety

