How to Stay Safe in the Sun

Enjoy the sunny days while protecting your skin!

Always wear sunscreen.
Apply sunscreen with SPF 30 or higher at least 15 minutes before going outside. Reapply every 2 hours.

Wear protective clothing.
Cover up: protect your face and neck.

Wear sunglasses.
Keep your eyes protected with sunglasses that block UV rays.

Don't stay out in the sun too long.
Limit your time in the sun, especially between 10 AM and 4 PM. Seek shade if you can.

Know your own skin.
Regularly check your skin for changes or anything unusual.