

# 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.



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