

Stay Sun Safe



Summer is here! Protect your skin and eyes from sun exposure.



Sun exposure can cause skin damage. UV rays are the strongest from 10am-4pm. Limit time outdoors during these hours. Seek shade.



Apply sunscreen of SPF 30 or higher every 60-90 minutes. Wear protective clothing—cover your arms and legs, wear a wide-brimmed hat.



Exposure to the sun's rays increases your risk of developing eye problems. Wear sunglasses and schedule regular eye exams to maintain good eye health.



Stay hydrated!
Drink at least 3 large glasses of water throughout the day.