



ACTION STEPS FOR WELLNESS

Have fun while staying safe in the sun.



- Wear sunscreen with a sun protection factor (SPF) of 30 or higher that blocks both UVB and UVA radiation.
- Limit your time in the sun, especially during peak sunlight hours. These are 10 a.m. to 3 p.m. standard time, and 11 a.m. to 4 p.m. daylight saving time.
- Wear long sleeves, pants, and wide-brimmed hats to help block the sun's harmful rays.
- Wear clothing with sunscreen protection.
- Spend outdoor time in shaded areas, such as under a large umbrella or a pavilion.
- Wear sunglasses that protect against both UVB and UVA rays.
- Ask your doctor if any medicines you take make your skin more sensitive when you are in the sun.
- Drink plenty of water. Limit alcohol. Be sober when you drive a boat or other vehicle.
- Find out and follow safety rules for water activities you plan to take part in. Wear personal flotation devices.
- Take CPR and water safety courses. Learn about these from the [americanheart.org](https://www.americanheart.org) and [redcross.org](https://www.redcross.org).