

# Stay Sun Safe

*Too much ultraviolet (UV) light from too much sun increases skin cancer risk.*

## Made in the Shade

Look for shade, like under a tree, especially during peak sun times between 10 a.m. and 4 p.m.

## Re-apply Every 2 Hours

Put on more sunscreen after sweating or swimming.



## Use Broad Protection Sunscreen

Choose one with a sun protective factor (SPF) of 30 or higher. Apply a generous amount to exposed skin, including your ears.



## Cover Up

Wear long sleeves and pants, along with a wide-brimmed hat and wrap-around sunglasses.

You can check the ultraviolet (UV) index for your area at [epa.gov/enviro/uv-index-search](https://www.epa.gov/enviro/uv-index-search).