

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.