



# 5 "S"s for Sun Safety

1

**SELECT** a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher.

- Apply 1 ounce (amount to fill a shot glass) to exposed skin areas.
- Reapply every 2 hours and after swimming.

2

**SLIP** on lightweight clothing to cover exposed skin areas. A wet T-shirt offers much less UV protection than a dry one. Or, wear clothing with sunscreen protection built in.

3

**SIT** under an umbrella or in the shade especially between 10 a.m. and 4 p.m. when UV light from the sun is the strongest.

4

**SLIDE** on sunglasses that block 99-100% of UVA and UVB rays and wear a wide-brimmed hat.

5

**STAY** hydrated.  
Drink plenty of water.

