

10 Sun Safety Tips for

OUTDOOR ENTHUSIASTS

Make sun safety a way of life!

- 30 minutes before going outdoors, apply a broad spectrum (UVA and UVB) sunscreen with an SPF of 30 or higher.
- Use a ping-pong ball sized amount of sunscreen (one ounce) to cover your entire body.
- Re-apply every two hours- even on a cloudy, overcast, or cool day. If you are going to be swimming, make sure to re-apply as soon as you get out of the water.
- Completely coat all exposed areas of your face and body. Don't forget your ears, neck, nose, shoulders and the backs of your hands, arms, and legs.
- Cover your lips with a sun protective lip balm that contains an SPF of 30 or higher.
- Check the expiration date on your sunscreen and remember that if you are using sunscreen properly, it should not last more than one season.
- Seek Shade whenever possible.
- Wear a broad-brimmed hat (preferably at least two inches with a back flap) instead of a baseball cap to help protect your face, ears, and neck.
- Protect your eyes with UV-protective sunglasses.
- Wear sun protective clothing (for example, tightly woven cotton) including long pants and long sleeved shirts as often as possible.



