



Seek shade, especially during midday hours.

Cover up with clothing to protect exposed skin.

Wear a hat with a wide brim to shade the face, head, ears, and neck.

Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Use sunscreen with broad spectrum (UVA and UVB) protection and sun protective factor (SPF) 15 or higher.

Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.