

SUN SAFETY TIPS

LIMIT TIME IN THE MID DAY SUN - The sun's rays are the strongest between 10 AM and 4 PM. Whenever possible limit exposure to the sun during these hours.

SEEK SHADE - Seek shade, but keep in mind that shade structures like trees, umbrellas and canopies do not offer complete protection from the sun.

ALWAYS USE SUNSCREEN - Liberally apply sunscreen with at least an SPF of 30 or higher 15-20 minutes before going out into the sun. Reapply as needed and at least every 2 hours.

WEAR PROTECTIVE GEAR - A hat, sunglasses, and a tightly woven shirt are key. If you can see your hand through your shirt, then it is not protecting your skin from the sun's UV rays. A hat with a wide brim can help keep the sun's rays from areas of your skin prone to overexposure such as your nose, face, and neck.

WATCH FOR THE UV INDEX - UV index is issued every day from the National Weather Service and the EPA. UV index is an important tool in planning your outdoor activities.