

# SUMMER SUN SAFETY



For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through.



You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelters before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside, even when you're in the shade.



Put on broad-spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.



Don't wait until you're thirsty! Drink water throughout the day to prevent dehydration or over exhaustion. Use the color of your urine to guide if you're hydrated enough, the clearer the better. Avoid caffeine and alcohol, they only dehydrate you more.



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard.