



## Tips For Sun Protection

- When outside on a warm, sunny day, protect yourself from the sun by wearing a hat, a waterproof sunscreen and loose fitting, light colored clothing.
- Use a sunscreen with a SPF of at least 15 on all exposed skin, including the lips, even on cloudy days.
- Apply sunscreen 15-20 minutes before going outside.
- Reapply sunscreen frequently, especially after swimming or sweating.
- Sun precaution is especially important between 10 a.m. and 4 p.m.
- Drink plenty of water, but avoid consuming alcoholic beverages on hot, humid days when you are outside. Alcohol can cause dehydration.
- If you become overheated, sit in the shade, drink plenty of water and try to keep your skin cool and moist.
- Remember, there is no such thing as a healthy suntan.

