Sun Safety

+ Play in the shade
+ Reapply sunscreen every 2 hours
+ Use sunscreen with an SPF of 15 or higher
+ Wear a hat that shades your face, ears, and neck
+ Wear sunglasses that block 100% of UVA and UVB rays

REMEMBER: Protecting your skin is important even on cloudy and cool days; it's the UV rays, not the temperature that does the damage!

**Content from the Center for Disease Control and Prevention**