



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