



Safety Tips for Protecting Yourself in the Sun!

1. Stay away from the midday sun especially from 10 am to 4 pm when the sun's rays are the strongest.
2. To block the sun, apply sunscreen with a Sun Protection Factor (SPF) pf at least 15, about 20 minutes before sun exposure. Re-apply every 2 hours and after swimming and sweating. If you have children start applying sunscreen beginning at the age of six months.
3. Cover up with a wide brim hat or visor, tightly woven clothing, and sunglasses when outdoors.
4. Sit in the shade when every possible