

# CHOOSE TO BE SUN SAFE!



## Tips & Tidbits to ensure you stay safe this summer:

- ✳ **Seek shade in peak hours.** Generally, the afternoon is the hottest time of the day. Get shade frequently during this time.
- ✳ **No more using the term “sunblock.”** It’s impossible for even the best sunscreens to completely block the sun’s rays.
- ✳ **Stay hydrated.** Very crucial! Not thirsty? Doesn’t matter—take a drink of h2o every 15 minutes.
- ✳ **What’s the best sunscreen?** That’s an easy one—a hat and a shirt. The hat should protect your head, ears, and neck.
- ✳ **What SPF is best?** It varies from person to person. “Broad spectrum” sunscreen is recommended with UVA and UVB protection with a SPF rating of at least 30.
- ✳ **Are tanned people more attractive?** Maybe but remember this: the tanner you are today, the older your skin will appear as you age.
- ✳ **Bottom line?** Use sun protection factor 30+, water-resistant sunscreens and apply often. Look for shade and stay hydrated.

Have fun out there!