



SUN SAFETY

- ☞ Limit outdoor activity from 10 - 4
- ☞ Always wear a broad-spectrum sunscreen that is at least an SPF15
- ☞ Sunscreen should be applied 30 minutes before going outside
- ☞ Sunscreen should be reapplied every 2-3 hours, even if it's waterproof.
- ☞ Wet clothing does not protect against the sun's rays.
- ☞ Dark clothing is more protective than light colored clothing.

**The sun can burn,
even on a cloudy day!**