

Look **HOT**, Be **COOL**, Wear **SUNSCREEN!**

Health Promotion/Student Health Services Present
Summer Safety Tips!

Use Sunscreen!

Use a sunscreen labeled 'broad spectrum' and an SPF of 15 or higher for best protection. A higher SPF = More Protection!!

Re-Apply

After 2 hours, swimming, or toweling dry, even if the sunscreen is labeled water-proof. Don't forget your hands, feet, neck, ears, and face!

Limit Sun Exposure

between 10am and 2pm when the sun is strongest.

Avoid tanning beds and sunlamps!

Prevent premature aging and reduce your risk of skin cancer. Try a tinted lotion or a spray

Pay attention to altitude!

UV rays are stronger because you are closer to the sun!

Cover Up!

Buy clothing or swimsuits with SPF, and wear clothing/hat to block the sun.

Wear Sunglasses

that block UV Rays!