

# Take care in the sun

A tan or sunburn are signs of skin damage and can increase your risk of skin cancer.

**Be UV aware and protect your skin.**



**Stay in the shade  
Between 11am & 3pm**



**Use sun protection  
With at least SPF 15  
and UVA 4 stars**



**Wear sunglasses  
with 100% UV  
protection**



**Wear a  
broad-brim hat**



**Cover up**

For more information visit  
[careinthesun.org/uv](http://careinthesun.org/uv)