

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 30
AND UVA 4 STARS



WEAR SUNGLASSES
WITH 100% UV
PROTECTION



WEAR A BROAD-BRIM HAT



COVER UP

For more information visit www.careinthesun.org

