

USE SUNSENSE

Get outdoors and be sun safe

1



WEAR A BUCKET HAT!

A WIDE BRIM PROTECTS YOUR EARS, NECK AND FACE

2



PLAY IN THE SHADE!

SEEK SHADE OR CREATE YOUR OWN WHERE IT IS NOT AVAILABLE

3



PUT ON SUNSCREEN!

SPF 30 OR HIGHER TO PROTECT YOUR SKIN

4



COVER UP!

WEAR WEATHER APPROPRIATE CLOTHING THAT PROVIDES SUN PROTECTION

5



WEAR SUNGLASSES!

PROTECT YOUR EYES

