

# Sun Safety Tips



**Avoid outdoor activities  
between 10 am-4 pm**



**Slip on your shades**



**Cover your skin**



**Drink More  
Water**



**Use a broad-spectrum  
sunscreen with at least  
SPF 30  
Apply generously and  
reapply every 2 hours**



**Stay in shaded areas  
when the UV index is  
moderate or higher**

**Higher elevations have a thinner atmosphere, which  
increases the concentration of UV rays.  
Unprotected UV exposure can cause damage to the skin,  
eyes, and immune system!**

