

# 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  
[careinthesun.org/uv](http://careinthesun.org/uv)

