



# SUN SAFETY 101



## Sun Protection Tips:

Use Sunscreen



Wear Lightweight, Long-Sleeved Clothing

Wear Sunglasses



Wear a Hat

Seek Shade During Peak Sun Hours (10am-4pm)



### Myth

### Fact

- ✗ I don't need sunscreen on cloudy days
- ✗ Sunscreen causes cancer
- ✗ A 'base tan' prevents sunburn
- ✗ Higher SPF means I am fully protected

- ✓ Up to 80% of UV rays can pass through clouds.
- ✓ No sunscreen ingredient has been proven to cause cancer in humans. Sunscreen can help prevent skin cancer, which impacts 1 in 5 Americans.
- ✓ A 'base tan' is a sign of skin damage and does not protect your skin from sunburn.
- ✓ Any sunscreen above SPF 30 blocks 97% or more. No sunscreen blocks 100% of UV rays.

## Sunscreen Basics:

Water Resistant

Reapply after swimming or sweating

Reapply every 2 hours

SPF 30 or Higher

Broad-Spectrum

