Limit the SUN, not the fun!

Be “SUNWISE!”

A hat with a wide brim offers better protection for your scalp, ears, face and the back of your neck than a baseball cap or visor.

• Wear a Wide-Brimmed Hat and Lip Balm!

Wear Sunglasses!

• Sunglasses reduce sun exposure that can damage your eyes and lead to cataracts
• Check the label and choose sunglasses that block at least 90% of UVA and UVB rays.

Take cover!

• Limit your outdoor activities when the UV rays are strongest and most damaging (10 a.m. to 4 p.m.).
• Remember: Look for your shadow—if no shadow, seek cover!

Limit time in the MIDDAY SUN!

• Wear light & loose long sleeves and pants if possible to protect your skin when playing or working outdoors in summer months.
• Darker colors and fabric with a tight weave provide the most protection.

Cover UP!

• Even on cloudy days, the sun’s rays can damage your skin.
• Wear sunscreen with an SPF of 15 or higher.
• Apply 10 minutes before going outside; reapply every 2 ½ hours or sooner if perspiring or engaging in water activities.
• Wearing sunscreen every day is as important as brushing your teeth!

Use Sunscreen every day!

• Did you know you can check the intensity of the sun’s rays every day?
• The ultraviolet (UV) index is a way of measuring the sun’s intensity.
• The scale is from 1 to 10. The higher the UV, the more careful you should be. A UV rating of 10 requires more protection than a rating of 1.
• Click on www.azdhs.gov/phs/sunwise

Check the daily UV Index!

• These artificial sources of UV light can cause as much damage as the sun’s UV rays.
• Remember, there is no such thing as a safe tan.
• To get a tan, skin damage has to occur!

Avoid sun lamps & tanning booths!

Get FREE SunWise activities and UV information and materials at: www.azdhs.gov/phs/sunwise
Contact Sharon McKenna at: sharon.mckenna@azdhs.gov or call 602.364.3143, 800.367.6412 to learn more about SunWise.

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Sunny or Cloudy - It's ALWAYS smart to be SunWise!