



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.
- Remember to protect lips with SPF 15+ lip balm.

Wear a Wide-Brimmed Hat and Lip Balm!



- 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.

Wear Sunglasses!



- 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.
- Fabric with a tight weave provide the most protection.
- Cover up & avoid sun burns & sun tans.

Cover UP!



- Find something fun that does not involve exposure to direct sun.
- Take cover under a ramada, an umbrella, a shady tree, or find an indoor activity inside a gym, library or classroom during peak UV.

Take cover!



- 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!



- 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!



Get FREE SunWise activities and UV information and materials at: www.azdhs.gov/phs/sunwise
Contact the SunWise program at: SunWise@azdhs.gov or call 602.364.3143, to learn more about SunWise.

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

