



## LIMIT THE SUN BUT NOT THE FUN! BE “SUNWISE!”



### Use Sunscreen Every Day!

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 and 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!



### Wear a Wide-Brimmed Hat and Lip Balm!

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 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.



### Cover Up!

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



### Limit Time in the Midday Sun!

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!



### Take Cover!

Find something fun that doesn’t involve exposure to direct sun. Take cover under a tree, ramada or find an indoor activity inside a gym, library or classroom during peak UV.



### Check the daily UV Index!

Did you know you can check the intensity of the sun’s rays every day? The ultraviolet or 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 day with a UV rating of 10 requires more protection than a day with a rating of 1. Click on [NWS](#) to see your city’s daily index.



### Avoid Sun Lamps and Tanning Booths!

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!

Get FREE SunWise activities and UV stuff at: [www.azdhs.gov/phs/sunwise](http://www.azdhs.gov/phs/sunwise)

Contact Sharon McKenna at: [mckenns@azdhs.gov](mailto:mckenns@azdhs.gov) or call

602.364.3143, 800.367.6412 to learn more about SunWise.