



LIMIT THE  
SUN, BUT NOT  
THE FUN. BE  
"SUNWISE!"

# Different Forms of Sun Protection



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

Sunscreen isn't the only defense we have against sunburns. In fact the best protection is using a combination of the following protective measures in addition to sunscreen.

For more information, please visit [www.azhealth.gov/sunwise](http://www.azhealth.gov/sunwise) or contact the SunWise Program at [SunWise@azdhs.gov](mailto:SunWise@azdhs.gov) or 602-364-3851

## Cover Up



Whenever possible, choose long-sleeved shirts and long pants or skirts.



Clothes made from tightly woven fabric offer the best protection.



Dark and bright colors offer better protection than lighter shades because they keep UV rays from reaching your skin by absorbing them rather than allowing them to penetrate.



## Seek Shade



Stay indoors or seek shade as much as possible between 10 a.m. and 4 p.m. which are peak times for sunlight.



You can seek shade under an umbrella, tree, or any structure.



UV rays reach the ground all year, even on cloudy or hazy days, so make sure to use other forms of sun protection even on a cloudy day.



## Wear a Wide-brimmed Hat



A hat with a brim all the way around will protect your face, ears, and the back of your neck.



Avoid straw hats with holes that let sunlight through.



If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, or using a broad spectrum sunscreen with at least SPF 30.

