

Winter Sun Safety

It's important all year long.

Effects of the sun

- The sun can cause cancer, wrinkles and age spots, even when it's cold or overcast.
- Snow reflects up to 80% of the sun's UV rays back at you.
- Exposing the eyes to too much sun over time can lead to cataracts.

How can you be winter sun safe?



- Cover up - wear a hat, gloves, and long sleeves.
- Use sunscreen - with a sun protection factor (SPF) of 30+.
- Apply lip balm - with SPF.
- Wear sunglasses or goggles - with UVA and UVB protection.

Learn more

go.uvm.edu/besunsafe

