



Be Sun Safe



Fill in the Blank Below

1) Always wear a _____  when you are in the sun

2) _____  will help protect your eyes from the sun's harmful rays

3) Apply plenty of _____  to protect your skin from the sun

4) Play in the _____  for better protection from the sun

5) Cover your skin with _____  if you are able



Be SunSafe

THE University of Vermont CANCER CENTER

Three tips for protecting your skin from sun's harmful UV rays:



COVER UP

Wear wide-brimmed hats, sun-protective clothing and sunglasses.



STAY INDOORS

Between 10 a.m. and 2 p.m. When the sun's rays are strongest.



WEAR SUNSCREEN

With a sun protection factor of 30 or higher. The higher, the better.

Visit UVM Cancer Center to learn more
www.vermontcancer.org