

Be SunSafe

Match the word and the sun safety image below

Hat

Sunscreen

Protective

Clothing

Umbrella

Sunglasses

Tanning

Bed



Be SunSafe

THE University of Vermont CANCER CENTER

Six tips for protecting your skin from sun's harmful UV rays this summer:



Avoid being outside or staying in the shade between 10am and 4pm when the sun is the strongest



Wear a hat to protect your face and scalp from the sun



Cover your arms and legs with protective clothing



Wear shades to protect your eyes from harmful UVA and UVB rays



Apply 1 ounce of broad-spectrum sunscreen with SPF of 30 or higher. Reapply sunscreen every 2 hours.



Avoid burning or tanning. Stay away from indoor tanning beds

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