



Be SunSafe

Color in the items that keep you safe in the sun.



SUNSCREEN 101

WHO? Everyone under the sun.*
*Babies under 6 months are the only exception.

WHAT? Broad spectrum SPF 30 or higher.

WHEN? Every day before going outside.
Reapply every 2 hours.

WHERE? All sun exposed skin.

WHY? Reduce your risk of skin damage
and skin cancer.

GO.UVM.EDU/BESUNSAFE

THE University of Vermont CANCER CENTER



Cover up

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



Seek Shade

When the sun's UV rays
are strongest.



Wear Sunscreen

With SPF 30 or higher.