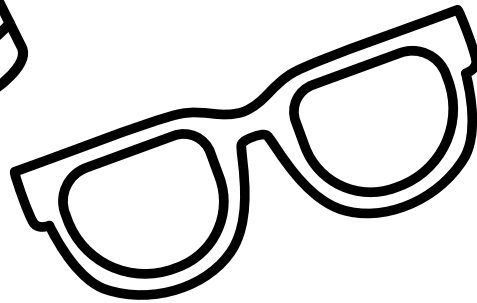
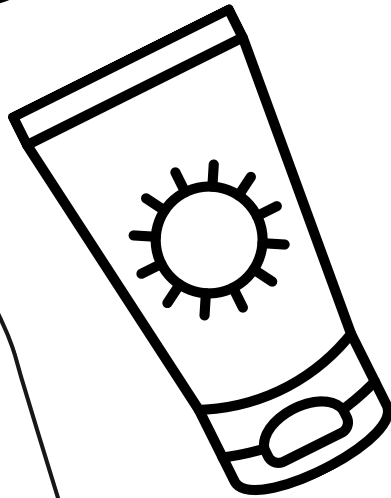
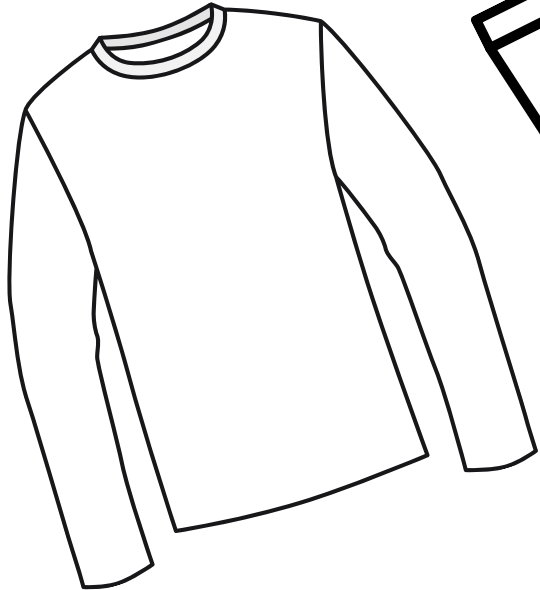
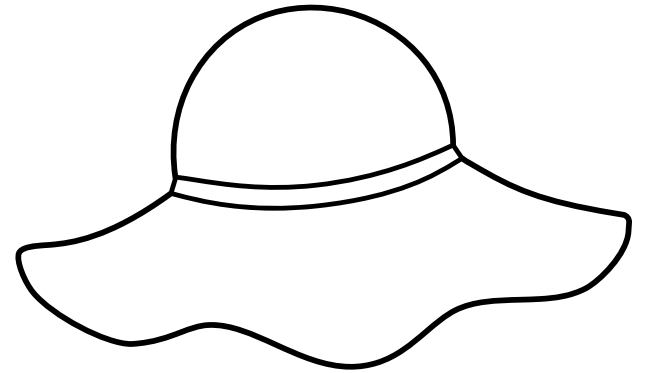
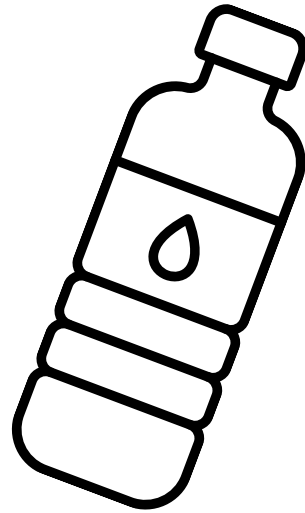
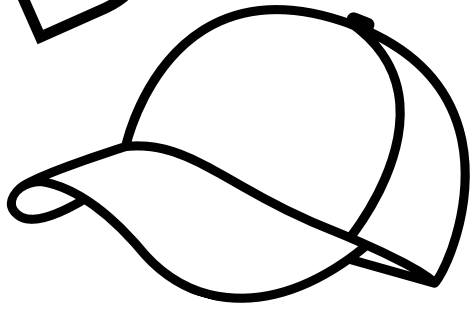


BE SUN SAFE





Be SunSafe



University of Vermont
Cancer Center



Cover up

With a wide-brimmed hat, sun-protective clothing and sunglasses.



Seek Shade

When the sun's UV rays are strongest.



Wear Sunscreen

With SPF 30 or higher.

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