

Sun Safety PSA

Shield up before you go out

Why is the sun harmful?

The sun emits UV (Ultra Violet) rays that can cause skin cancer. These UV rays can also raise the risk of developing eye problems like cataracts.



Why are tanning beds harmful?

In order to mimic the effect of being tanned by the sun, tanning beds also use UV rays. Even though these rays are artificial, they can still cause skin cancer.

How can I stay safe and still enjoy the outdoors?



Avoid being in the sun during the hottest parts of the day, generally 10AM - 4PM. You can also stay in the shade, and wear clothes that cover your whole body.

Sunscreen

Sunscreen is the best way to protect yourself against the sun. Make sure you get sunscreen that is at least 15 SPF, and then apply the recommended amount evenly across areas of skin that aren't covered. The amount varies between sunscreens, so you can find the recommended amount on your sunscreen. Make sure to apply sunscreen every 2 hours, after you got wet, or after you used a towel.

