

# 5 WAYS TO STAY SUN-SAFE



1. **Seek shade**, especially in the hottest part of the day.

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2. **Wear sun-protective clothing** that covers your back, shoulders, arms and legs.



3. Wear a **broad-brimmed hat**.

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4. Wear wrap-around **sunglasses**.



5. **Apply a broad-spectrum sunscreen (SPF 50+)**. Apply 20 minutes before going outside. Reapply every 2 hours and after swimming or exercise.

