

BE SUN SAFE





Three tips for protecting your skin from sun's harmful UV rays:



COVER UP

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



STAY INDOORS

Between 10 a.m. and 2 p.m. When the sun's rays are strongest.



WEAR SUNSCREEN

With a sun protection factor of 30 or higher. The higher, the better.

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

