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