

Stay safe in the sun!

Wear Sunscreen

Sunscreens with SPF (Sun Protection Factor) 15 and above provide protection from both UVA and UVB by preventing ultra violet radiation from reaching your skin. Sunscreens provide protection by prolonging the amount of time it takes for the sun's rays to cause reddening of the skin. The higher the SPF, the more protection you get. It is important to note that sunscreen must be applied every two hours to remain effective and continue providing protection. The longer the amount of time that you plan to spend outdoors, the higher your sunscreen's SPF should be.

Wear Sunglasses

UV radiation can damage your eyes as well as your skin. The sun's UV rays can burn the cornea of your eyes, which can result in cataracts that may ultimately cause blindness. Even short periods of exposure can lead to serious damage. To protect your eyes, wear sunglasses that have 100 percent UV protection. Don't be fooled by how dark or how expensive the glasses are. Even some of the most expensive sunglasses don't provide full UV protection. Check the label to be sure.

Seek Shade

UV radiation is the strongest during the day from about 10 am to 4 pm, as well as during the summer months. Seek shade during these times to protect yourself. If you must be outside, wear tightly woven clothing and a wide brimmed hat to reduce the amount of UV radiation coming into contact with your skin. Remember that pets need shade, too.

Check the UV index

The UV Index (www.epa.gov/sunwise/uvindex.html) is a forecast that lets you know if you are at risk for overexposure to the sun. Index levels range from two to 11+, where level two is low risk and levels six and above are high risk. Check your UV index before going out to protect yourself from sun related illness.