

Sun Safe Behaviors

WEAR SUNSCREEN & LIP BALM

- Sun Protection Factor (SPF) 15 or higher
- Broad spectrum sunscreen that protects against UVA & UVB rays
- Water-resistant sunscreen

WEAR PROTECTIVE CLOTHING

- Cover a large amount of your skin
- Long-sleeve shirts and long pants are best
- Choose clothing that is made from fabric with a tight weave that will block more of the sun

WEAR A HAT WITH A BRIM

- Shade eyes, face, nose, head, ears and neck

WEAR PROTECTIVE SUNGLASSES

- Select and wear sunglasses that block 100% of UV rays

LIMIT YOUR TIME IN THE SUN

- Avoid the sun on your breaks
- Eat lunch inside or in the shade
- Seek shade and go inside whenever possible

Tips for Using Sunscreen

APPLY 30 MINUTES PRIOR TO SUN EXPOSURE.

APPLY ALL OVER EXPOSED SKIN.

DON'T FORGET PLACES LIKE EARS, NECK AND HANDS.

SLOP IT ON! ON AVERAGE, YOU SHOULD USE AN AMOUNT AT LEAST THE SIZE OF A LARGE GRAPE TO COVER YOUR FACE, EARS AND NECK.

REAPPLY OFTEN.

WEAR IT EVERYDAY!

Sun Safe Goals

People who set solid goals are more motivated to reach the goals they have set. Setting goals can lessen your stress and increase your confidence because you know clearly what you want to do.

WRITING YOUR OWN SUN SAFETY GOAL

Set a goal to improve on your sun safety behaviors. Follow the steps below to write a solid goal related to sun safety.

1. Write your general goal. (Start with "I will...")
2. Now make the goal more specific by making it measurable. (By March 1st, I will have eaten lunch inside 80% of the time)
3. Add a completion date! (When you want to have accomplished your goal)
4. Write your new and improved goal here.



*General Info
Everyone Needs to
Go Sun Smart*



