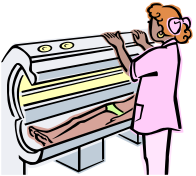


# Action Steps for Sun Safety



**Do Not Burn:** Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



**Avoid Sun Tanning and Tanning Beds:** UV light from tanning beds and the sun causes skin cancer and wrinkling.



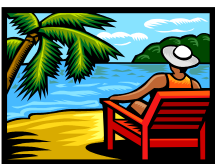
**Generously Apply Sunscreen:** Generously apply sunscreen: about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



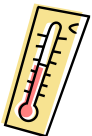
**Wear Protective Clothing:** Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.



**Seek Shade:** Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



**Use Extra Caution Near Water, Snow and Sand:** Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.



**Check the UV Index:** The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA.



**Get Vitamin D Safely:** Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

Adapted from the Environmental Protection Agency article "Action Steps for Sun Safety" from the Sunwise program. Created by AmeriCorps member Amy Houser.