Protecting yourself from the sun's UV rays is important every day of the year. Avoid being outdoors in direct sunlight too long. This is important between the hours of 10:00 am and 4:00 pm when UV light is the strongest.¹

If you plan to be outside during these hours, follow a few sun safety guidelines²

- **Stay in the shade.** Try using an umbrella or sitting under a tree.
- **Wear clothing to protect exposed skin.** At the beach, wear a cover-up over your bathing suit. Lightweight clothing, such as a long-sleeved shirt and long pants offer the most protection. A canvas hat with a wide brim can help protect more sensitive areas, like your face, head, ears and neck.
- **Protect your eyes.** Wear sunglasses that wrap around and block almost 100% of UVA and UVB rays.
- **Use a sunscreen with an SPF of 30 or higher.** Check the label to make sure it blocks both UVA and UVB rays. Don’t forget to reapply every two hours, after you swim or if you sweat.

Sources: