

Take extra precautions or avoid outdoor activities when **UV rays** are strongest (10 a.m.-4 p.m.).

2

Apply **sunscreen** frequently; use a minimum SPF of 15 (30 or more for better protection).

3

Protect yourself from UV exposure through your car windows and on cloudy days.

HEALTHY
TOP TEN

Skip the white T-shirt; a thin **shirt** provides little protection from the sun's rays.

4

Sun Sense
and
Skin
Protection



Ask your **pharmacist** if sun exposure while taking medication will cause a reaction.

5



Notice changes: Suspicious spots, changing moles and growths — they can develop anywhere, even on the soles of your feet!

6

7

Shade your face, ears and neck with a wide-brimmed **hat**.

8

Seek **shade** under an umbrella, tree or canopy.

9

Protect your **eyes** with wraparound UV-protective sunglasses.



Schedule an annual **skin check** with your health care provider.

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