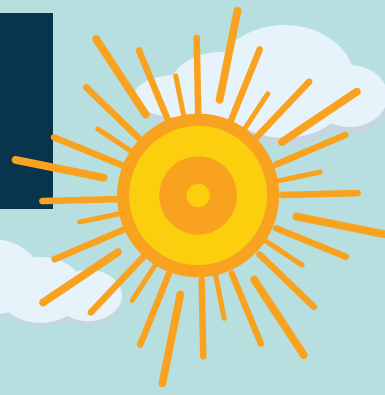
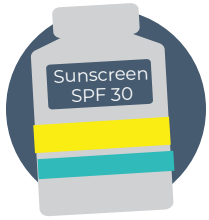


# Limit the sun, but not the fun! Be SunWise!



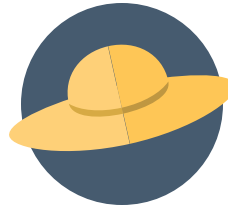
Follow these tips to be SunWise and help protect yourself from the sun's rays.

## Wear sunscreen & lip balm everyday!



- Wear SPF 30+ sunscreen & lip balm.
- Apply 20 minutes before going outside. Check the label to see when to reapply.

## Wear a wide-brimmed hat!



- Wear a wide-brimmed hat to keep your scalp, nose, ears, neck, and face protected.
- These areas are at risk of sunburn & sun damage.

## Check your local UV index!



- Check your local ultraviolet (UV) index.
- The scale ranges from 1 to 11+. The higher the number, the more careful you should be.

## Take cover!



- Stay inside or in the shade when UV rays are strongest.
- Move your outside activity so that you are in the shade.

## Wear sunglasses!



- Wear sunglasses to reduce your risk of eye damage.
- Choose a pair that block UVA and UVB rays.

## Cover up!



- Wear long sleeves and pants when working, playing, or exercising outside.
- Dark colors and tightly woven fabrics provide the best protection.

## Limit time in the midday sun!



- Limit the time you spend outside between 10am and 4pm

## Avoid tanning booths!



- There is no such thing as a safe tan. To get tan, skin damage has to happen.
- UV light from indoor tanning can cause as much damage as the sun.



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

If you have questions or want more information, please visit [azdhs.gov/sunwise](https://azdhs.gov/sunwise) or contact the Arizona SunWise Skin Cancer Prevention Program at [SunWise@azdhs.gov](mailto:SunWise@azdhs.gov).