

SAFEGUARD FROM THE SUN



You're exposed to
UV RADIATION
even on
CLOUDY DAYS

Stay in the
SHADE
whenever
you can



WEAR



Sunglasses



**Protective
clothing**



Hat



**SPF 30+
sunscreen**

UV exposure is highest between

10AM 
AND
4PM 



**STAY HYDRATED,
TAKE BREAKS
and REST IN
THE SHADE**
to prevent heat
stress and stroke



**MANY MEDICATIONS INCREASE
SENSITIVITY TO SUNLIGHT AND
THE RISK OF SUNBURN**

*These include thiazides, diuretics, tetracycline, doxycycline, sulfa
antibiotics and nonsteroidal anti-inflammatory drugs, such as ibuprofen*

UV radiation reflects off **WATER, CONCRETE, SAND, SNOW** and
LIGHT-COLORED SURFACES and can harm your eyes and skin