



SunSmart America™ Rules

When the UV Index reaches 3 and above use these five SunSmart rules

Slip on some sun protective clothing



Wear loose-fitting, close weave clothing that covers as much skin as possible during outside activities. School uniform or dress codes should include tops with elbow length sleeves, and if possible, collars and knee length or longer style shorts and skirts.

Slop on SPF 30+ sunscreen



Apply SPF 30+ broad spectrum, water resistant sunscreen 20 minutes before going outside to ensure maximum effectiveness. Reapply every two hours or more often if involved in physical or water activities. Sunscreen should never be the only method of sun protection.

Slap on a hat



To protect the neck, ears, temples, face and nose.

Seek shade



Stay out of the sun as much as possible between the hours of 10:00 a.m. and 4:00 p.m. Try to use shade whenever possible. UV radiation can reflect from surfaces such as water, sand and concrete, so it is important to wear a hat, appropriate clothing and sunscreen even while in the shade.



Slide on some sunglasses



Eyes can be damaged by exposure to UV radiation. Where practical, wear close-fitting, wrap around sunglasses that cover as much of the eye area as possible. Look for sunglasses that block 100 percent of UV rays and that also absorb most high-energy visible (HEV) radiation, or blue light.