

# 5 Sun Safety Tips

**Ready for a fun day outside in the sun?  
Be sun smart by following these five tips.**

## 1. Time of day

Avoid being in the sun between 10am and 4pm, when UV rays are most harmful. Remember, harmful UV rays can still pass through the clouds—so you're not in the clear when it's cloudy!

## 2. Sun-protective clothing

A hat with a wide brim can shade your neck, ears, eyes and head. If you have to be out in the sun, wear a lightweight long-sleeve shirt and long pants.

## 3. Shade

Picnic under a tree or take a canopy to the beach.

## 4. Sunscreen

Apply sunscreen with SPF 15 or greater 15-30 minutes before you go outside. Reapply at least every two hours—more often if swimming, sweating, or wiping your skin.

## 5. Sunglasses

UV radiation can harm your eyes and cause cataracts. Look for sunglasses that block 99-100% of UV rays.



**It only takes  
15 minutes  
for the sun's  
ultraviolet (UV)  
rays to damage  
exposed skin.**



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