



Summer Safety Tips: Stay Safe in the Sun

Though basking in the summer sun is relaxing and fun, it's also dangerous for your health. Keep these tips in mind to stay safe in the summer sun:



Stay out of the sun between 11 a.m. and 3 p.m. when the sun is at its peak.



Wear clothes made of tightly woven fabrics and a hat that shields your face, neck and ears.



Wear sunglasses to protect your retinas and prevent the development of cataracts.



Use water-resistant, broad-spectrum sunscreen that is at least SPF 30.

Reapply sunscreen every two hours — or immediately after sweating or going in the water.