## 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, broadspectrum sunscreen that is at least SPF 30.

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

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