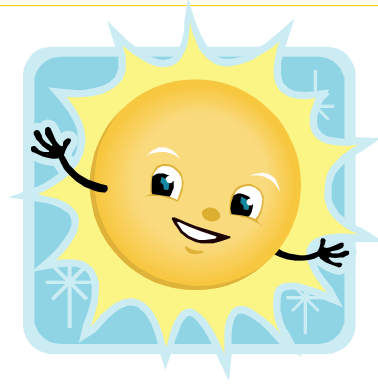


## Sun Safety Tips



The following tips can help protect you from the sun:

- When possible avoid outdoor activities during the hours between 10 AM and 4 PM when the sun's rays are the strongest.
- Always wear a broad-spectrum (protection against both UVA and UVB) sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- Be sure to reapply sunscreen frequently especially after swimming, perspiring heavily, or drying off with a towel.
- Wear a hat with a 4-inch brim all around because it protects areas often exposed to the sun such as the neck, ears, eyes, forehead, nose and scalp.
- Wear dark colored clothing to shield as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective.
- To protect your eyes from sun damage wear sunglasses that block 99 to 100 percent of UVA and UVB radiation.
- Consider wearing cosmetics and lip protectors with an SPF of at least 15 to care for your skin year-round.
- Some medications, such as antibiotics, can increase your skin's sensitivity to the sun. Ask your doctor or pharmacist about the medicines you take and learn more about extra precautions.
- Children need extra protection from the sun. Encourage children to play in the shade, wear protective clothing, and apply sunscreen regularly.

*Source: American Cancer Society*



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