

GOING SOUTH?

SUN SAFETY TIPS you should know before you go

AVOID indoor tanning as it increases your risk of cancer and does not provide protection against UV rays.

REDUCE sun exposure between 11 a.m. and 4 p.m. and when the UV index is above 3.

USE SPF 30 or higher. Reapply after swimming, water sports or heavy perspiration.

COVER UP with loose fitting clothing – synthetic blends are more effective than cotton.

PROTECT your eyes with sunglasses and **WEAR** a wide brimmed hat.

CHOOSE shade over direct sunlight.

KNOW that some medications, cosmetics and lotions increase skin sensitivity to UV rays.

REAPPLY, REAPPLY, REAPPLY your sunscreen, especially if you plan on spending time in the water.