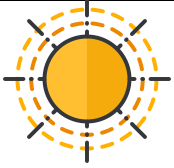


Sun Safety Tips



Avoid Burns: Sunburns—especially in children—increase the lifetime risk of skin cancer.



Skip Tanning: UV rays from the sun and tanning beds cause skin cancer and premature aging.



Use Sunscreen: Apply 1 oz of SPF 15+ broad-spectrum sunscreen 15 minutes before sun exposure. Reapply every 2 hours and after swimming or sweating.



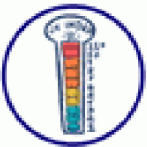
Cover Up: Wear long sleeves, pants, wide-brimmed hats, and sunglasses when outdoors.



Stay in the Shade: Limit sun exposure, especially from 10 a.m. to 4 p.m.



Be Extra Cautious Near Water, Snow, & Sand: These surfaces reflect UV rays and increase sunburn risk.



Check the UV Index: Use it to plan safe outdoor activities.



Get Vitamin D Safely: Choose fortified foods or supplements—don't rely on sun exposure.

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