

Sun safety tips



- Remember you are exposed to potentially harmful UV rays on sunny days as well as cloudy days
- Use a sunscreen with an SPF of 30 or higher that contains zinc oxide or titanium dioxide
- Reapply sunscreen product every two hours
- Wear clothing to protect sun-exposed skin
- Wear wide, full brim hats for full coverage of your face and ears
- Protect your eyes from UV rays by wearing sunglasses
- Avoid prolonged sun exposure during the peak sunlight hours of 10 am to 3 pm
- Seek shade when possible, but know that sun reflects off water, cement and sand



Riley Children's Health
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