

Enjoy your day outside with these simple sun safety strategies



Slather on sunscreen

Utilize sunscreen with a Sun Protection Factor (SPF) of 30 and reapply every two hours



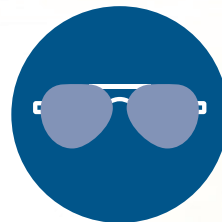
Wear a hat

A hat with a brim that shades your face, ears and the back of your neck is best



Sit in the shade

Seek shade under an umbrella, cabana, or other shelter



Protect your eyes

Wear sunglasses to protect your eyes and the skin around your eyes from UV rays



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