

SUN SAFETY TIPS

courtesy of:

 **Health+**

Now brought to you by Elevanta.



USE SUNSCREEN!

The higher the spf, the more protected your skin. Be sure to reapply every 2 hours, or every 40 minutes if in water. Think the clouds have you covered? Think again. More than 80% of the sun's rays can pass through clouds and fog. Apply sunscreen no matter what the weather!



HYDRATE YOURSELF.

Before outdoor physical activity, drink plenty of water. Outside less than an hour? Then water alone is okay, but replenish with a low sugar sports drink when out longer. Take a break to drink every 20 minutes while active in the heat.



TIME MATTERS.

Avoid the sun during the highest peaks of UVA rays during the day: 10 a.m. - 4 p.m. These rays, as well as less intense UVB rays, can lead to premature skin aging, eye damage (including cataracts), and skin cancers.

