



UV SAFETY

Protect your skin year-round

Ultraviolet (UV) rays from the sun can damage your skin and eyes and increase your risk of skin cancer. Protect yourself with simple, everyday habits.



Stay in the shade, especially between 10 a.m. and 4 p.m., when the sun's rays are strongest.



Wear long sleeves and hats to shield your skin from sunlight.



Avoid tanning beds, as artificial UV rays damage skin and increase your risk of skin cancer.



Apply sunscreen with SPF 30 or higher 15–30 minutes before going outside.



Use lip balm with SPF to protect your lips.



Check your skin regularly for new or changing moles, spots, or freckles, and see a doctor if something looks unusual.



Reapply sunscreen every 2 hours, and more often if swimming, sweating, or towel drying off.



Wear sunglasses to prevent eye damage and long-term vision problems.



Take protection seriously even on cloudy days or in winter, since UV rays can still be strong then.



To learn more, talk with your doctor or visit [cdc.gov/skin-cancer](https://www.cdc.gov/skin-cancer).



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