

Welcome!

This resort and **Go Sun Smart** hope you have a great vacation!

By following this simple checklist, you'll be ready to have fun while staying safe in the sun.



Your Sun Safe Checklist



Sunglasses:

Wear sunglasses that block 100% of UVA & UVB rays.



Sunscreen:

- Apply water resistant, UVA & UVB, SPF 30 or higher sunscreen.
- Apply 30 minutes before going outdoors.
- Reapply at least every 2 hours.



Shade:

Seek shade from UV rays, especially during midday.



Hat:

Cover up with a wide brimmed hat that shades your eyes, face, nose, ears, head, and neck.



Clothing:

Cover up with light weight long sleeves and long pants.



UV Index:

- Check the current UV index.
- Practice sun safety when the UV index is 3 or higher, especially during midday.

gosunsmart.org



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