

# Tips for a Sun Smart Vacation



# 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](http://gosunsmart.org)**

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