Summer is officially here and while sun safety is never out of season, we want to ensure you and your family have a safe summer! In keeping with AAP guidelines, below are some sun safety tips for you and your family.

1. The first, and best, line of defense against harmful ultraviolet radiation exposure is to stay in the shade whenever possible and limit sun exposure during 10 a.m. and 4 p.m.

2. When in the sun dress in lightweight tightly woven long pants and shirts and wear a hat with a three-inch brim or a bill facing forward.

3. Look for sunglasses that provide 97% - 100% protection against UVA and UVB rays.

4. Use sunscreen with an SPF 15 or greater that protects against UVA and UVB rays. www.ewg.org/sunscreen/ is a great resource.

5. Reapply sunscreen every two hours, or after swimming or sweating.

6. Be aware that water, sand, and cloudy days can reflect UV rays and may result in sunburn more quickly.

Summer 2016