









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/](http://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.