HAVE FUN UNDER THE SUN...SAFELY!

Sunscreen is key.
Always use sunscreen with an SPF of at least 30 to protect your skin against harmful UV rays.

Shade, shade, shade!
Wear sunglasses, a hat, and use an umbrella to protect your eyes and body.

Wear protective clothing.
Try to wear UPF sun protective clothing, sun hats, and sun-protective swimwear to provide the highest UV protection available to keep you cool, comfortable, and sun-safe.

Re-apply SPF!
Re-apply SPF every two hours to ensure maximum protection from the sun, and more often if you're sweating or jumping in and out of the water.

Hydrate!
Drink at least 6 to 8 glasses of water a day to avoid dehydration.

Visit AIMatMelanoma.org for more tips!