



10 Ways to SunGuard Your Skin

1. Limit sun exposure between 10 a.m. and 4 p.m.
2. Avoid sun tanning and tanning beds.
3. Generously apply a broad-spectrum (UVA/UVB) sunscreen with a minimum SPF of 15. Re-apply every two hours and after swimming or sweating.
4. Wear sun protective clothing such as a wide-brimmed hat and a long sleeved, dark colored shirt.
5. Wear UV protective sunglasses.
6. Seek shade of umbrellas, trees, and awnings.
7. Use extra caution when near water, sand, snow, and concrete, as they reflect the UV rays.
8. Get vitamin D safely through a healthy diet; don't seek the sun!
9. Send sunscreen to school and camp with your children and encourage them to use it.
10. Remember to Slip, Slop, Slap, Wrap!



Slip on a shirt!



Slop on sunscreen!



Slap on a wide-brimmed hat!



Wrap on sunglasses!

Maryland Skin Cancer Prevention Program

www.sunguardman.org