

Be safe **in the sun!**

Summer is here. But before you head for the beach or the lake, take a moment to **think about your skin**. It's the largest organ in your body and it helps to keep you healthy. It's your job to keep it safe from sunburn, early aging, wrinkling, and skin cancer.

8 tips for those sizzling days of summer:

1. Use **broad spectrum sunscreen** with SPF 15 or higher
2. **Reapply** sunscreen **after 2 hours**, and more often if swimming or sweating
3. Always **check the** sunscreen's **expiration date**
4. Wear **loose-fitting tightly woven clothing** to protect exposed skin
5. **Put on a hat** with a wide brim to shade your face, head, ears, and neck
6. **Use sunglasses** that wrap around for more protection
7. Try to **limit sun exposure** between 10 am and 4 pm
8. **Seek shade**, especially around the middle of the day



Cut here and post on your bathroom mirror or refrigerator.

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