



SunSmart

on the water

Stay sunsmart
on the water this summer!



REMEMBER TO WEAR A HAT

that offers protection to your face, ears and neck. The wider the brim, the better



COVER UP TO PREVENT UV DAMAGE

Tightly woven dark clothes can reduce UV exposure. Slip on a long-sleeved shirt and pants.



APPLY A BROAD SPECTRUM WATER RESISTANT SUNSCREEN

that has at least 30 SPF or higher. Reapply regularly, especially after swimming, strenuous exercise, or toweling off.



PROTECT YOURSELF

Ultraviolet rays can filter through clouds and reflect off of other surfaces, including water and cement. Protect yourself from UV exposure even on cloudy days.



WEAR SUNGLASSES

that have UV protection to prevent eye damage, cataracts, and eye cancer. Wraparound sport-style sunglasses offer the most protection.



STAY OUT OF THE SUN

when UV index is highest, between 11am and 3pm.