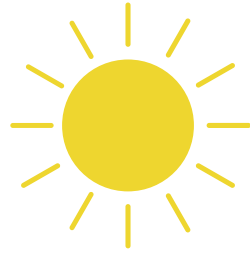


# SAFEGUARD FROM THE SUN



## DID YOU KNOW?

You can be exposed to UV radiation even on cloudy days.

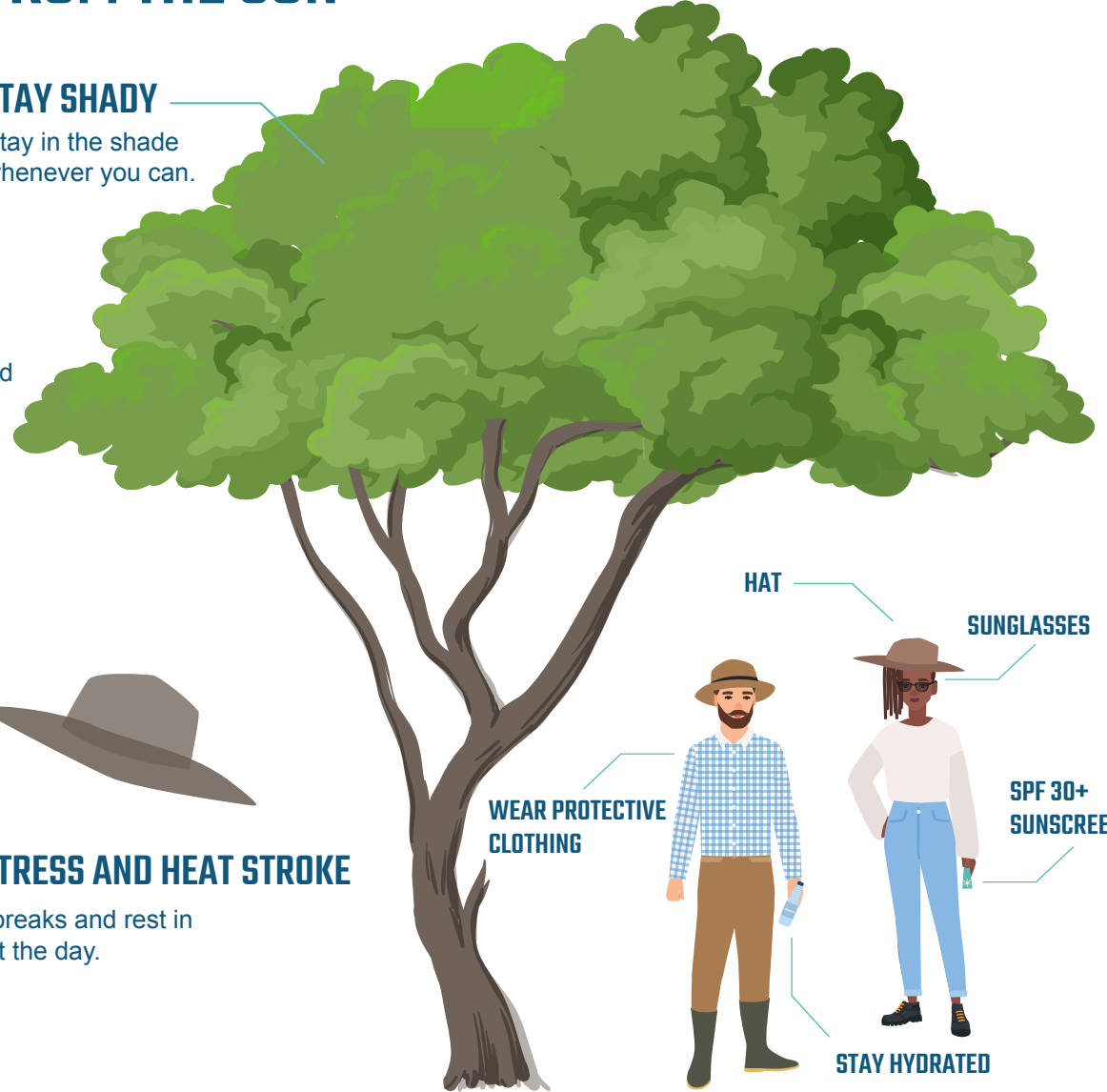


## UV RADIATION

Reflections of water, concrete, sand, snow and light-colored surfaces can harm your eyes and skin.

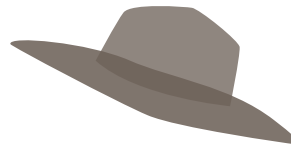
## STAY SHADY

Stay in the shade whenever you can.



## INCREASED SENSITIVITY

Many medications can increase your sensitivity to sunlight and elevate the risk of sunburn.



## PREVENT HEAT STRESS AND HEAT STROKE

Stay hydrated, take breaks and rest in the shade throughout the day.

## TIME OF DAY

UV exposure is the highest between 10 a.m. and 4 p.m. during the day.



WEAR PROTECTIVE CLOTHING

HAT

SUNGLASSES

SPF 30+ SUNSCREEN

STAY HYDRATED