Action Steps for Sun Safety

Hi Hoover parents, while some exposure to sunlight can be enjoyable, too much can be dangerous. This flyer explains simple steps to protect yourself and your children from overexposure to UV radiation while enjoying outdoor activities.

Be Sun Smart

The FDA recommends these action steps to help you and your family be “Sun Smart”

- **Do Not Burn**
  Sunburns significantly increase one’s lifetime risk of developing skin cancer, especially for children.

- **Generously Apply Sunscreen**
  Generously apply sunscreen: about 1 ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of 15 or higher. Reapply every 2 hours, even on cloudy days, and after swimming or sweating.

- **Wear Protective Clothing**
  Wear protective clothing, such as a long-sleeved shirt, pants, or UV clothing. A hat with 2–3 inches brim all around is best.

- **Protect Your Eye with Sunglasses**
  Choose sunglasses with a UV400 rating or “100% UV protection” on the label. Large-framed and wraparound sunglasses protect best. Children need smaller versions of protective adult sunglasses – No toy sunglasses.

- **Use Extra Caution Near Water, Snow and Sand**
  Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

For More Information:

To learn more about sun safety or steps you can take to protect yourself from sun damage, please visit the following web site:  [www.fda.gov](http://www.fda.gov),  [www.epa.gov/sunwise](http://www.epa.gov/sunwise),  [www.cancer.org](http://www.cancer.org)