

#newfamilyrule

Protect your skin



Wear a **hat** with a wide brim to protect your head, ears and neck.



Wear **sunglasses** with UVA and UVB protection to protect your eyes.



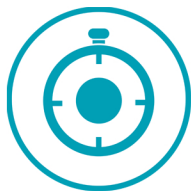
Wear **long loose clothing** to protect your arms, torso and legs.



Apply **sunscreen** to your exposed skin. Use a water-resistant broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or more.



Seek **shade** to stay out of the direct sun.



Reduce your **time in the sun** between the hours of 11 a.m. - 4 p.m. when the sun is strongest.

