



The sun is hot and powerful. Protect yourself.

Sun-Safety Message #1



The sun is hot and powerful. Protect yourself.





When in the water, it's extra-important to be sun-safe. Put on sunscreen before you get dressed everyday.

Sun-Safety Message #2



When in the water, it's extra-important to be sun-safe. Put on sunscreen before you get dressed everyday.





Protect your skin with sunscreen that has a SPF #15 or higher.

Sun-Safety Message #3



Protect your skin with sunscreen that has a SPF #15 or higher.





When applying sunscreen, remember your back, face, ears, nose, neck, hands, and tops of feet.

Sun-Safety Message #4



When applying sunscreen, remember your back, face, ears, nose, neck, hands, and tops of feet.





Cover Up! Use T-shirts, long shorts, and a wide-brim hat!

Sun-Safety Message #5



Cover Up! Use T-shirts, long shorts, and a wide-brim hat!





Be safe from the sun's harmful rays. Use a hat and shades everyday when outside. (except in the pool!)

Sun-Safety Message #6



Be safe from the sun's harmful rays. Use a hat and shades everyday when outside. (except in the pool!)





Seek shade. And don't stay out in the sun too long between 10 and 4 o'clock.

Sun-Safety Message #7



Seek shade. And don't stay out in the sun too long between 10 and 4 o'clock.





Be cool. Remember the rules and stay sun-safe all year around.

Sun-Safety Message #8



Be cool. Remember the rules and stay sun-safe all year around.