

Sun safety for summer



Use Sunscreen



Stay Shaded



Wear a Hat



Wear Sunglasses





Stay Shaded

Stay in the shade under an umbrella, tree, or shelter. Even in the shade, use sunscreen or wear protective clothing.

Wear a Hat

Wear a hat with a brim all around to shade your face, ears, and neck. Avoid hats with holes or straw. Darker hats offer more protection. If you wear a baseball cap, protect your ears and neck with clothing or sunscreen.

Wear Sunglasses

Wear sunglasses that block UVA and UVB rays to protect your eyes and the skin around them. Wrap-around sunglasses are best.

Use Sunscreen

Use broad spectrum sunscreen with SPF 15 or higher on all exposed skin. Apply a thick layer and reapply every 2 hours, after swimming or sweating. Check the expiration date of sunscreen. It usually lasts up to 3 years. Replace if exposed to high temperatures.

VITRA Health helps families to stay in their communities and home with the help of their family members. We make sure that their family members get paid when caring for their loved ones and keeping families together with the help of our nurses and case managers.

[VITRAhealth.com](https://www.vitrahealth.com)