

# Play it Safe in the Sun

**Choose Your Cover.** Not all sun protection comes in a bottle. There are lots of ways to protect your skin all year long. Here are five you can try.



**1. Hide and Seek.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to seek relief once it's happened.



**2. Cover 'em Up.** Clothing that covers your skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts or a beach cover-up are good choices, too — but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.



**3. Get a Hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular but they don't protect their ears and neck. If you choose a cap, be sure to protect exposed areas with sunscreen.



**4. Shades Are Cool.** And they protect your eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.



**5. Rub on Sunscreen.** Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside.