

SHADE YOURSELF FROM THE SUN



Protecting yourself from the sun's UV rays is important every day of the year. However, in the U.S., UV rays are most powerful between the hours of 10 am and 4 pm (daylight savings time) in late spring and early summer. If you plan to be outside during these hours, follow a few sun safety guidelines:

- Stay in the shade; try using an umbrella or sitting under a tree
- Wear clothing to protect exposed skin. At the beach, wear a cover-up over your bathing suit; lightweight, dry clothing and darker colors offer the most protection
- Wear a canvas hat with a wide brim to protect more sensitive areas, like your face, head, ears and neck
- Wear sunglasses that wrap around and block almost 100% of UVA and UVB rays
- Use a sunscreen with an SPF of 15 or higher. Check the label to make sure it blocks both UVA and UVB rays. Don't forget to reapply every two hours, after you swim or if you sweat

For more information on ways to get and stay healthy, visit myCigna.com.

Source: cdc.gov/cancer/skin/basic_info/prevention.htm

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