

**SUN PROTECTION**

# How to Stay Safe in the Sun

**Wear a Hat**

Wearing a hat is a great way to protect your face. Wide brim hats are the best choice and offer you the greatest protection.

**Wear Sunglasses**

Your eyes need to be protected from the sun too! Sunglasses can help prevent damage to your eyes by blocking the rays.

**Wear Long-sleeved Clothes**

Clothing is another great way to protect your skin from the sun. In general, dark clothes with long sleeves offer you more protection.

**Use Water Resistant Sunscreens**

Using water resistant sunscreens can protect you from the sun while swimming or sweating. These sunscreens do not come off easily when you are in contact with water, but you still need to reapply them.