

HOW TO STAY SAFE IN THE SUN

Skin cancer rates are reported to be higher in Douglas County!

ALWAYS WEAR SUNSCREEN

Apply sunscreen with SPF 30 or higher at least 15 minutes before going out. Reapply often.

WEAR PROTECTIVE CLOTHING

Cover up with long sleeves and pants. Put on a wide brim hat to protect your face and neck.

WEAR SUNGLASSES

Keep your eyes protected with sunglasses that are designed to block UV rays.

5 ways to enjoy the sunny days while staying safe and protected!

DON'T STAY IN THE SUN TOO LONG

Limit your time in the sun, especially between 10 AM and 4 PM. Seek shade if you can.



KNOW YOUR OWN SKIN

Regularly check your skin for any changes or anything unusual. See a doctor if needed.