

SUN SAFETY

SUMMER SKIN PROTECTION



IHAcares.com



**WEAR
BROAD HAT**



USE SUNGLASSES



**WEAR PROTECTIVE
CLOTHING**



**AVOID SUN BETWEEN
10 AM AND 4 PM**



USE SUNSCREEN



**DRINK MORE
WATER**



**REFLECTION
CAUTION**



SEEK SHADE



**AVOID DIRECT
SUNLIGHT**