

# Catching some rays can be risky



Most of us enjoy soaking up some sun this time of year. It can really feel good. But...

## The sun's rays can hurt you

The sun emits ultraviolet rays (UVA and UVB rays) that can be harmful to your skin and eyes. Exposing yourself to the sun without using good sense and protection can lead to sunburn, sun poisoning, eye damage — and even skin cancer.

## Luckily, you can take precautions

There are simple ways to protect yourself against UV rays. Here are just a few:

1. Try to stay out of the sun when it's strongest — between 10AM - 3 PM standard time (or 11 AM - 4 PM daylight savings time).<sup>1</sup>
2. When you're gardening or spending long periods in the sun, wear a hat, long sleeves and pants — and try to find garments with a tag that says they're UV protective or resistant.
3. Wear sunblock even on days you don't plan to sunbathe or spend time in direct sun. UV rays are present all the time — even on cloudy days. You're safest if you get into the habit of applying sunscreen to your face every day, year-round.
4. Sunscreen wears off so reapply every two hours, especially if you're swimming or sweating a lot.<sup>1</sup>
5. Wear sunglasses to protect your eyes from sun damage.

You can still enjoy some fun in the sun. Just be careful and smart. Be prepared with sunglasses, hat and sunblock before you go out to catch some rays.

<sup>1</sup>Spend Time Outside and Stay Sun-safe. Accessed June 2020.

**The EAP is administered by Resources For Living, LLC.**

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