

Be Sun Savvy!



- Limit exposure during the sun's peak hours, between 10 a.m. and 4 p.m.
- Always apply sunscreen of SPF 30 or higher before going outside and reapply every two hours.
- Don't burn! Even one sunburn greatly increases your chance for skin cancer.
- No tan is a safe tan. Ultraviolet rays are the No. 1 cause of skin cancer.
- Everyone needs protection! Hats, protective clothing and shade is for everyone. People 6 months old to the very elderly need to use sun screen.

Be Sun Savvy!



- Limit exposure during the sun's peak hours, between 10 a.m. and 4 p.m.
- Always apply sunscreen of SPF 30 or higher before going outside and reapply every two hours.
- Don't burn! Even one sunburn greatly increases your chance for skin cancer.
- No tan is a safe tan. Ultraviolet rays are the No. 1 cause of skin cancer.
- Everyone needs protection! Hats, protective clothing and shade is for everyone. People 6 months old to the very elderly need to use sun screen.

Be Sun Savvy!



- Limit exposure during the sun's peak hours, between 10 a.m. and 4 p.m.
- Always apply sunscreen of SPF 30 or higher before going outside and reapply every two hours.
- Don't burn! Even one sunburn greatly increases your chance for skin cancer.
- No tan is a safe tan. Ultraviolet rays are the No. 1 cause of skin cancer.
- Everyone needs protection! Hats, protective clothing and shade is for everyone. People 6 months old to the very elderly need to use sun screen.

Be Sun Savvy!



- Limit exposure during the sun's peak hours, between 10 a.m. and 4 p.m.
- Always apply sunscreen of SPF 30 or higher before going outside and reapply every two hours.
- Don't burn! Even one sunburn greatly increases your chance for skin cancer.
- No tan is a safe tan. Ultraviolet rays are the No. 1 cause of skin cancer.
- Everyone needs protection! Hats, protective clothing and shade is for everyone. People 6 months old to the very elderly need to use sun screen.

NDSU | EXTENSION



NDSU is an equal opportunity institution.

NDSU | EXTENSION



NDSU is an equal opportunity institution.

NDSU | EXTENSION



NDSU is an equal opportunity institution.

NDSU | EXTENSION



NDSU is an equal opportunity institution.