



# Sun Safety: Guard Eyes + Skin

Summer sun can sneak up fast, even on cooler or cloudy days. A few simple habits can help protect your skin, your eyes, and your energy. Use this quick guide before workdays outside, weekend trips, or time on the water.

## 1

### Protect your skin

- Use SPF 30+. Apply 15 min before sun. Reapply every 2 hrs and after sweating or swimming.
- Use enough: 1 tsp for face and neck, 1 oz for exposed skin.
- Cloudy days count.
- Don't miss: ears, neck, feet, scalp part, hands.

## 2

### Protect your eyes

- Choose sunglasses labeled 100% UV (or UV400).
- Bigger or wraparound frames block side glare.
- Polarized cuts glare, but you still need UV protection.
- Use your vision benefit for eye exams and updated prescriptions.

## 3

### Shade + hydration

- Seek shade during peak sun hours, often 10 a.m. to 4 p.m.
- Wear lightweight, breathable clothing. Add a wide-brim hat when you can.
- Drink water through the day. If you are sweating a lot, add a salty snack or electrolytes.

## 4

### When to get care

- Sunburn with blistering over a large area, fever, chills, or severe pain
- Eye pain, light sensitivity, worsening redness, or new blurry vision

**Heat warning signs:** may include dizziness, weakness, heavy sweating, cramps, confusion, headache, nausea, or a rapid pulse. Move to a cool place, sip fluids, and cool your skin. If symptoms get worse or you feel faint or confused, seek urgent help right away.