

UV Safety Awareness

Safe Fun in the Sun

Why UV Safety Matters

- Spending time outdoors is important for your health and well-being, but sun exposure can increase the risk of skin damage, dehydration, and fatigue—especially for older adults.
- Some medications may also increase sensitivity to the sun.
- **Staying safe in the sun helps you stay active and independent.**

Simple Ways to Stay Safe

- Wear sunscreen (SPF 30 or higher)
- Use hats, sunglasses, and protective clothing
- Stay hydrated throughout the day
- Take breaks in shaded or indoor areas
- Avoid peak sun hours (10 AM – 4 PM)

Before You Go Outside

- Check the weather and temperature
- Apply sunscreen
- Bring water
- Plan for rest breaks

Know When to Take a Break

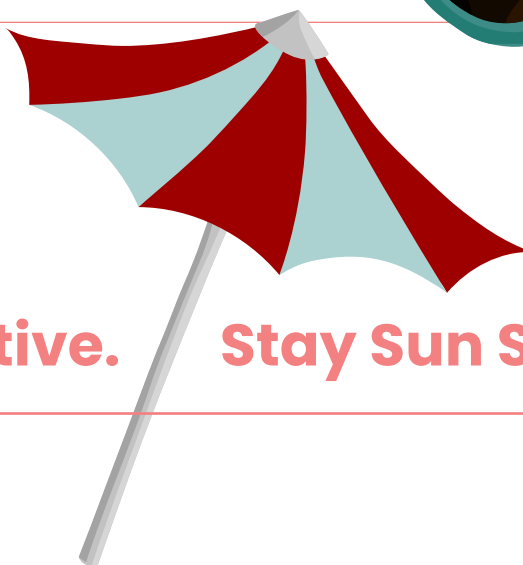
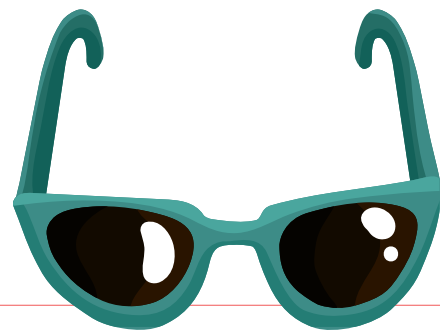
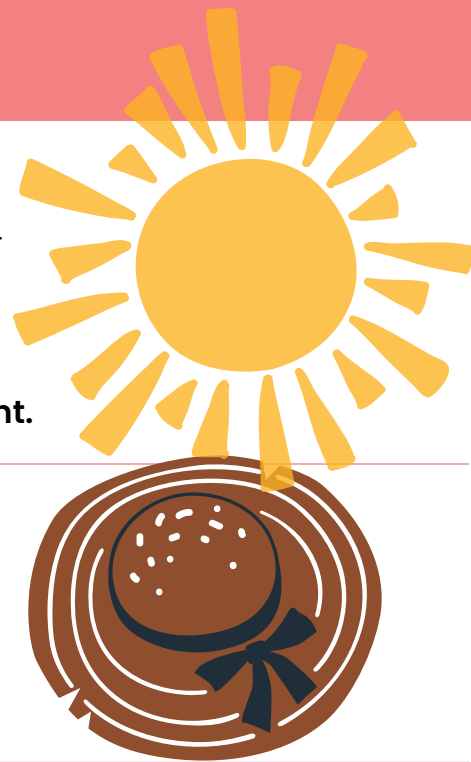
Watch for signs of heat or sun exposure:

- Dizziness or lightheadedness
- Fatigue or weakness
- Headache or nausea
- Skin redness or irritation

If you notice these signs, go indoors and rest.

Enjoy the Outdoors Safely

- Go outside during cooler times of day
- Choose shaded areas when possible
- Stay active with a friend or caregiver
- Use assistive devices as recommended



Stay Safe. Stay Active.

Stay Sun Smart.

