



# Be Sun Smart Year Round

*Be safe and protect your family from the Idaho sun.*

- Use SPF 15 or higher sunscreen and put it on 20 minutes before going outside, even on cloudy or overcast days.



**Save the  
skin you're in.**

**For more  
information, dial the  
Idaho Careline at 2-1-1**

- Work or play in the shade, especially in the middle of the day.
- Wear light-weight long sleeves and a wide-brimmed hat.



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

