



JULY IS NATIONAL UV SAFETY MONTH

- Don't wait until you start to burn
- Apply an ounce of sunscreen
- Reapply every two hours
- Reapply after sweating or swimming
- Wear a hat
- Wear sunglasses
- Apply lip balm with sunscreen
- Wear SPF 30 or higher

Huron County



Public Health
Prevent. Promote. Protect.