



# Sun Safety Checklist



**Apply SPF 50+ sunscreen  
(don't forget ears and feet!)**

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**Pack a wide-brimmed hat and  
UV-blocking sunglasses**

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**Wear sun-safe clothing and  
rashies**

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**Bring a water bottle to stay  
hydrated**

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**Check the UV Index before  
heading out**

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**Seek shade during peak UV  
times**

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**Schedule regular skin checks  
with Melanoma Scan**

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