

# Winter Sun Safety

It's important all year long.

## How can you be winter sun safe?



- **Cover up** - wear a hat, gloves, and long sleeves.
- **Use sunscreen** - with a sun protection factor (SPF) of 30+.
- **Apply lip balm** - with SPF.
- **Wear sunglasses or goggles** - with UVA and UVB protection.

## Effects of the sun

- The sun can cause cancer, wrinkles and age spots, even when it's cold or overcast.
- Snow reflects up to 80% of the sun's UV rays back at you.
- Exposing the eyes to too much sun over time can lead to cataracts.

Learn more  
[go.uvm.edu/besunsafe](https://go.uvm.edu/besunsafe)

