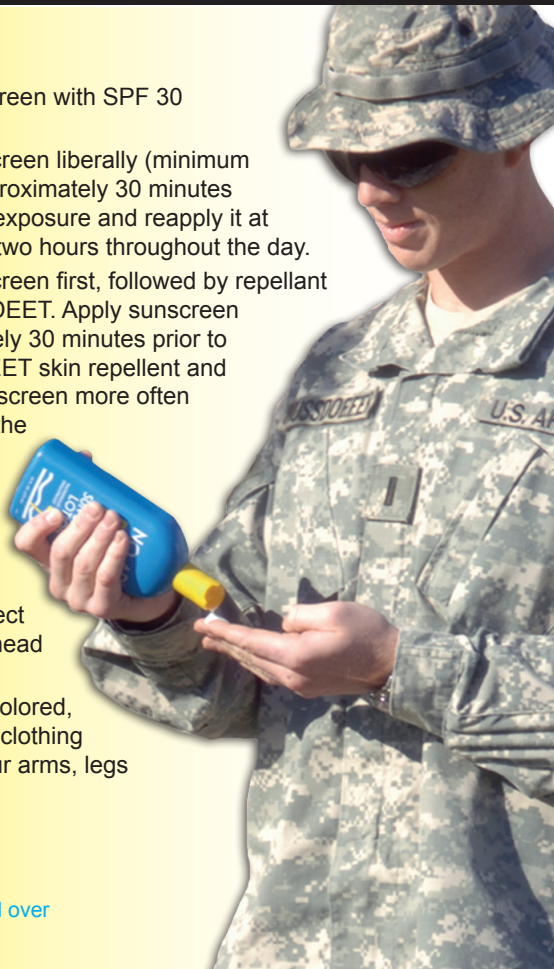
How to Protect Yourself from the Sun

SUNSCREEN

- Wear sunscreen with SPF 30 or higher.
- Apply sunscreen liberally (minimum of 1 oz) approximately 30 minutes before sun exposure and reapply it at least every two hours throughout the day.
- Apply sunscreen first, followed by repellant containing DEET. Apply sunscreen approximately 30 minutes prior to applying DEET skin repellent and reapply sunscreen more often throughout the day.

CLOTHING

- Use wide-brimmed hats to protect your eyes, head and neck.
- Wear light-colored, loose fitting clothing to cover your arms, legs and torso.



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SHADE

- Work and rest in the shade when possible. Construct shades if necessary.
- Short shadow = seek shade! The sun's rays are strongest between 1000 and 1600 hours. This doesn't mean that "no risk" is present outside of these time periods - especially in the tropics, sun risk can still be present in the morning and later afternoon hours.

EYEWEAR

- Eyewear should block UV rays. Military Combat Eye Protection items block 100 percent of UVA and UVB rays.
- Use wraparound design eyewear if possible. These will protect against sun rays that come from the front and side.

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