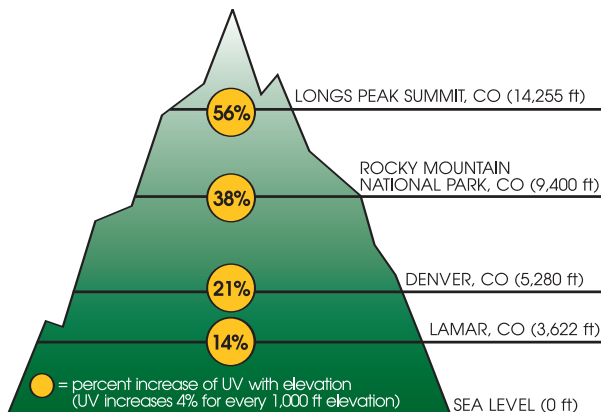


DON'T LET A SUNBURN OR OTHER INJURY RUIN YOUR DAY IN THE PARK!

- It takes less time to sunburn in Colorado!
- Weather changes quickly and sunburns can happen when you least expect it!
- Be prepared for all types of weather. You can get a sunburn on an overcast day. Don't forget sun protection!
- Our high elevation intensifies the sun and other weather conditions. The sun's intensity increases about 4% for every 1,000 feet of elevation gain.

UV INCREASES WITH ELEVATION



FOR MORE INFORMATION
ON SUN SAFETY VISIT:
www.sunsafecolorado.org

OR CALL:
1-877-258-2915



SUN SMART TIPS

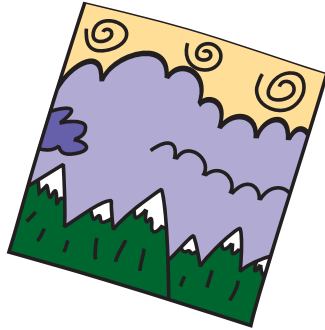
TO ENJOY YOUR STAY IN THE PARK

Now that you're here, don't let a few oversights affect your good time!

- Prepare for changing weather conditions.
- Practice sun safe routines.
- Have fun!



Colorado offers friendly people, scenic mountains, and a sunny climate. That sunny climate and high altitude also increase your risk for sunburn and over-exposure to the sun's harmful rays. While you are in the park, take time to be Sun Smart!



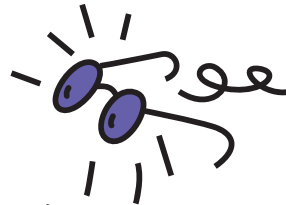
SUN SMART TIPS

SEEK SHADE!

- Avoid being in the sun during the middle of the day:
 - Have a picnic in the shade
 - Spend time at a park museum
 - Check out the visitor's center
- Drink plenty of water and rest often in shady spots, especially if you are not used to being at high altitudes.

COVER UP WITH CLOTHING!

- Choose to wear:
 - Long-sleeved shirts
 - Long pants
 - Wide-brimmed hats
 - Sunglasses



- Clothes can also protect you from bugs, poison ivy and cuts and scrapes.

USE SUNSCREEN!

- Wear sunscreen and lip balm with an SPF 15 or higher that blocks UVA & UVB.
- Apply sunscreen 30 minutes before going out in the sun.
- Reapply every 2 hours.
- Put sunscreen on before bug repellent.



OTHER TIPS TO ENJOY YOUR DAY IN THE PARK...

The Park system exists to enrich the lives of everyone who visits. Pass along that positive feeling:

- **Observe all park rules and regulations**
- **Leave things the way you find them**

PREVENT SUN BURN & REDUCE SKIN CANCER RISK:

- 90% of skin cancers are caused by over-exposure to the sun.
- Just 1-2 blistering sunburns before the age of 18 may double the risk for melanoma later in life.



The good news is that skin cancer is preventable, and it's never too late to start being Sun Smart!

- Refresh your first aid skills and carry a well-stocked first aid kit (don't forget extra sunscreen!).
- Do not feed or approach wildlife. Ask a ranger how to interact safely with wildlife in the park.
- Always stay on marked trails.
- Pick up litter. Carry a trash bag as you explore.
- Learn the park's rules about campfires and follow them.
- Carry plenty of drinking water.