For more information about how to protect yourself from the sun, visit the following websites:

- From the CDC: goo.gl/glA6Y
- From Kaiser-Permanente: goo.gl/cd0jl

Natividad Medical Center
Attn: CHAMACOS
1441 Constitution Boulevard
Salinas, CA 93906

If you have questions, please contact the CHAMACOS office:

Telephone: (831)759-6548
Fax: (831)757-3935

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When is the SUN harmful?

The rays of the sun are strongest from 10am – 4pm no matter what the weather is.

What can I do to protect myself from the effects of the sun?

Don't spend a lot of time in the sun, especially between 10am — 4pm.

Use clothes that protect your body, like long pants and long-sleeved shirts.

Use hats and sunglasses with ultraviolet protection (usually they have a “UV” label).

Use sunblock and chapstick with SPF of 15 or greater. Put sunblock on 30 minutes before going out in the sun.

Re-apply sunscreen often throughout the day and after swimming.

Staying in the sun can be a lot of fun on a hot day. However, staying in the sun too long can be bad for our bodies. Overexposure to sun can cause:

- Cancer (after many years of exposure)
- Skin to become wrinkled and rough
- Eye problems like cataracts