**Summer Sun Safety**

- **Cover up:** When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.

- **Use a broad-spectrum sunscreen with an SPF of at least 30:** Reapply at least every 2 hours, as well as after swimming or sweating.

- **Seek shade:** Limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.

- **Avoid tanning beds and sunlamps:** Both can cause serious long-term skin damage and contribute to skin cancer.

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**Summer in Fargo-Moorhead**

Relax after the semester and enjoy some activities!

- RedHawks Baseball Games
- Fargo Street Fair (July 18-20)
- Trollwood Performing Arts Performances
- Bluestem Summer Concerts
- Local parks like Island park or Lindenwood
- Buffalo River State Park

Check out [www.fargomoorhead.org/events](http://www.fargomoorhead.org/events) for more fun!