Better than nothing ....... better yet ....... way better ....... best of all

The Hat Scale

Wear long sleeves, long pants, sunglasses, a wide-brimmed hat, and sunscreen

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LOOK FOR HATS WITH:

- **Wide Brims**: Hats with a 3 to 4 inch brim all the way around protect your face, ears, head and neck.

- **Long Flaps**: Hats with a long flap in the back provide extra ear and neck protection.

- **Dark Colors**: Darker colors absorb UV better than lighter colors.

- **Dense Materials**: The more dense the fabric or weave, the higher the UV protection. Look for closed-weave fabrics like denim or canvas, or tightly-woven straw.