

Staying Safe in the Sun

The Danger of Too Much Vitamin D



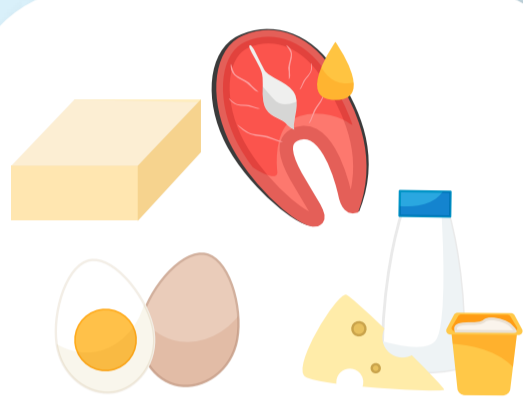
Direct exposure to sunlight allows your body to produce vitamin D on its own. But too much exposure to the sun can have unfortunate side effects. Learn how to protect yourself from getting too much sun.

What is Vitamin D?

Vitamin D helps your body absorb calcium. In addition, it helps your muscles move, nerves carry messages, and your immune system as it fights off bacteria¹.



How Do I Get Vitamin D?



Food



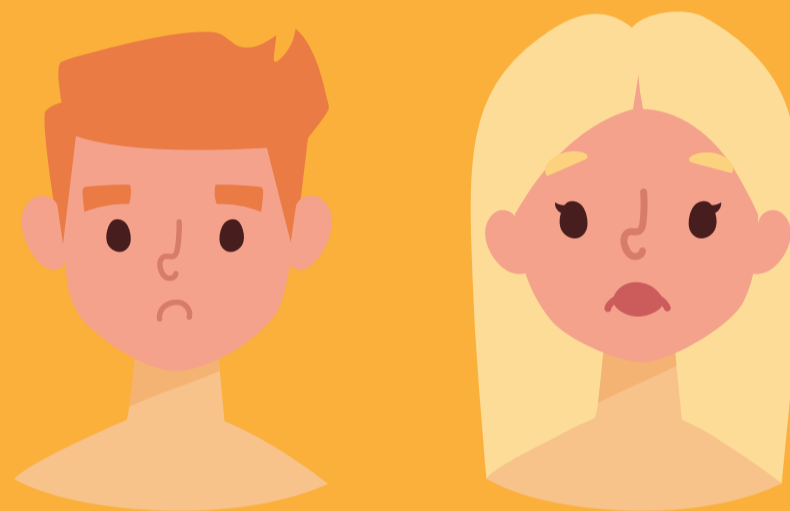
Vitamin Supplements



Direct Sun Exposure

Risks of Sun Exposure

- 🔥 Staying out in the sun and getting a burn increases your risk of skin cancer². Just 15 minutes of sun exposure is enough to damage your skin!
- 🔥 Too much bright light can actually harm your eyes!
- 🔥 Sun exposure can lead to heat stroke and sun poisoning!



Signs You've Been Out in the Sun Too Long



Sunburn

Severe sunburns can even lead to sun poisoning and flu-like symptoms³.



Dehydration

Feeling thirsty? Drink lots of water to stay hydrated if you're outside in the sun.



Exhaustion

If you're feeling really exhausted, you've been outside too long! Get inside!

How to Keep Yourself Safe in the Sun



Sunscreen

Use a broad-spectrum sunscreen that is rated at least SPF 30! This SPF blocks 97% of UV rays⁴. Don't forget about lip balm with a sunscreen, too!



Clothing and Hats

Wear loose-fitting clothing and a wide-brimmed hat to keep your head and body protected from the sun.



Sunglasses

Sunglasses do a lot more than make you look cool – they help protect your eyes from the sun and glare while driving.



Jobe's Sun Screen and Sun Sail Products

Our Sun Sail and Sun Screen fabrics block 90% of harmful UV rays and reduce the temperature up to 15°F.



The sun is great for our gardens, our planet, and our health (most of the time). But it's important to be safe out there. When you need a little extra shade, use Jobe's Organics Sun Sails and Sun Screen products to beat the heat, protect your skin, and enjoy the outdoors.

Sources

- <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>
- <https://www.cdc.gov/cancer/dpcp/resources/features/skincancer/>
- <https://www.mayoclinic.org/diseases-conditions/sunburn/symptoms-causes/syc-20355922>
- <https://www.consumerreports.org/cro/magazine/2015/05/what-does-spf-stand-for/index.htm>