SPF for a safer semester

- Apply sunscreen 30 minutes before heading outside, then apply insect repellent.
- Reapply every 2 hours, or more often if sweating or swimming.
- The ocean is a powerful body of water that you don't want to get trapped in.
- Only swim when lifeguards are on duty.

Know how to interpret flag warnings and what to do if you get caught in a rip current.

UNCW is monitoring the threats posed by Zika, Dengue, West Nile and Chikungunya. For more information, especially before traveling, visit www.cdc.gov/zika.

- The mosquitoes that transmit Zika bite mainly during the daytime. Use an EPA-registered insect repellent with DEET, picaridin, RR3535, oil of lemon eucalyptus or para-menthaneediol.
- Apply sunscreen first, then insect repellent before hitting the beach or trail.
- If you traveled to areas affected by Zika or other mosquito-borne illnesses and you are not feeling well, see your doctor or visit Abrons Student Health Center.

Always wear sunscreen

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Be Alert for Rip Currents

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.