



# SUNSCREEN TIPS

## CHOOSING A SUNSCREEN

- SPF 15 or higher
- Waterproof
- Protects against UVA and UVB rays
- Safe for children

## HOW TO APPLY SUNSCREEN

- Apply 30 minutes before you go outside
- Re-apply every 2-3 hours
- Use on all parts of your skin exposed to the sun  
(Include your ears, back, shoulders, & the backs of your legs)
- Spread all over your skin
- Apply sunscreen thickly and thoroughly
- Use cautiously around your eyes

## SUNSCREEN & SWIMMING

- Forget to put sunscreen on before coming to the pool?
- Put it on now. It will still work!  
(Wait 20 minutes before going in the pool)
- Re-apply after swimming

## WHAT SUNSCREEN CAN DO FOR YOU

- Protects against burning
- Protects against skin aging
- Protects against skin cancer