

Sunscreen for Your Fun Day in the Sun!



Protect Yourself from the Sun:

- Stay in the shade, especially during midday hours (10 am to 4 pm).
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Drink plenty of fluids.
- Wear sunglasses that block both [UVA and UVB](#) rays.

Use Sunscreen:

- Use SPF 15 or higher.
- Look for “blocks UVA and UVB” or “broad spectrum” on the label.
- Apply liberally (minimum of 1 oz) at least 20 minutes before sun exposure.
- Apply to all exposed skin. Remember to apply to ears, scalp, lips, neck, tops of feet, and backs of hands.
- Reapply at least every 2 hours and each time you get out of the water or sweat heavily.
- If you are also using bug spray, apply sunscreen first and bug spray second. Sunscreen may need to be reapplied more often.
- Throw away sunscreens after 1–2 years.
- Avoid indoor tanning. Getting a “base tan” before your vacation does damage to your skin and doesn’t protect you from sun exposure on your trip.