



# ARE YOU NAKED?

If you are not wearing sunscreen everyday, you might as well be.

## The All-Seasons Guide to Sun Protection Behaviors.

Step 1

Apply broad spectrum SPF15 sunscreen 20 minutes before going outside

Step 2

Apply a generous amount of sunscreen to all exposed skin – put it on thick

Step 3

Do not rub it in – let it soak into your skin

Step 4

Reapply sunscreen every two hours and immediately after exercise or swimming

Step 5

Wear protective clothing and accessories; long sleeves, a wide-brimmed hat, broad-spectrum sunglasses and lip balm

Step 6

Make sure those you care about are doing the same every day!

For more information on how you, your friends and family can live safely with the sun, visit [livesunsmart.org](http://livesunsmart.org)

