



**! ATTENTION
ATHLETES
PUT SUNSCREEN
IN YOUR
EQUIPMENT BAG**



ATHLETES
are at **HIGHER RISK.** **WHY?**

- **MORE TIME** in the **SUN**—practices & games.
- **SWEATING** increases **PHOTOSENSITIVITY** and **RISK OF SUNBURNS.**
- Sunscreen **COMES OFF** when you **SWEAT.**
- UV rays **REFLECT OFF** playing surfaces: sand, concrete, light surfaces, water and snow.

Prevent **SKIN DAMAGE** and early onset of wrinkles, brown spots, eye ailments and skin cancer.

Athletes receive **MORE ULTRAVIOLET RADIATION (UV)** exposure than the average person.

HOW TO USE SUNSCREEN THE RIGHT WAY

- 1 APPLY** broad-spectrum **SPF 15 SUNSCREEN** 20 MINUTES before going outside
- 2 SLOP** on a generous amount of **SUNSCREEN**
- 3 DO NOT RUB IT IN**—let it **SOAK** into your skin for **GREATEST PROTECTION**
- 4 REAPPLY** sunscreen at least **EVERY TWO HOURS**, more often when you are **SWEATING** and towel off

TIP:

to keep **SUNSCREEN** from **LEAKING** INTO YOUR EYES, smear Vaseline **ABOVE YOUR BROWS** before applying sunscreen

For more information on how you, your friends and family can live safely with the sun, visit **livesunsmart.org**

