



HIGH UV ZONE

COVER UP!



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,
and immediately
after getting out of the
water or toweling off

Check
your local
UV INDEX
FORECAST



**WEAR SUNSCREEN,
LIP BALM, SUNGLASSES,
UPF CLOTHING AND A HAT**

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

