

Protect Yourself

While Having Fun in the Sun

Choose sunscreen that has an **SPF of 30 or higher**, is water resistant, and provides broad-spectrum coverage. For maximum protection, make sure you apply sunscreen generously 30 minutes before heading out in the sun.



BROAD SPECTRUM

Means the sunscreen can protect your skin from both types of harmful rays—UVA and UVB rays.

SPF 30 OR HIGHER

SPF 30 blocks 97% of the sun's harmful rays. Higher SPFs block slightly more, but no sunscreen can block 100%.

WATER RESISTANT

This means the SPF level stays effective up to 40 minutes in water, or longer if indicated.

Adults should use **1 ounce** of sunscreen—enough to fill a shot glass—to cover all bare skin. Reapply every two hours.



Sunscreen expires within **2-3 years**.



Don't forget sunscreen even on cloudy days. 80% of the sun's rays can pass through clouds and fog.