



# GET THE MOST OUT OF YOUR SUNSCREEN

## **APPLY GENEROUSLY**

You need about 1 ounce of sunscreen to cover your body. That's about the size of a golf ball or enough to fill a medicine cup.

## **APPLY EVENLY**

Make sure not to miss spots. Try putting sunscreen on before you get dressed. Don't forget your lips, ears, neck, hands and feet.

## **APPLY 20 MINUTES BEFORE GOING OUTSIDE**

Sunscreen needs time to absorb into the skin to work well.

## **REAPPLY EVERY 2 HOURS**

Sunscreen gets weak when exposed to sunlight so remember to reapply, especially if you are sweating a lot or in and out of water.

## **CHOOSE THE RIGHT PRODUCT**

Pick sunscreens with a sun protection factor (SPF) of 30 or higher. Check for one or more of the following ingredients:

- ☀️ Zinc Oxide
- ☀️ Titanium Dioxide
- ☀️ Avobenzone
- ☀️ Mexoryl

## **\*HELPFUL HINT FOR DAYS YOU KNOW YOU'RE GOING TO BE OUTSIDE\***

To avoid missing spots or applying too little too late, try putting on a layer of sunscreen as part of your morning routine. Then put on a second layer 20 minutes before you go outside. This way you're sure to use enough and you'll probably catch any missed spots.