



# GET THE MOST OUT OF YOUR SUNSCREEN

- 1. APPLY GENEROUSLY:** You need about 1 ounce of sunscreen to cover your body. That's enough to fill a medicine cup or shot glass.
- 2. 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.
- 3. APPLY 20 MINUTES BEFORE GOING OUTSIDE:** Sunscreen needs time to absorb into the skin to work well.
- 4. 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.
- 5. 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

## **\*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.