



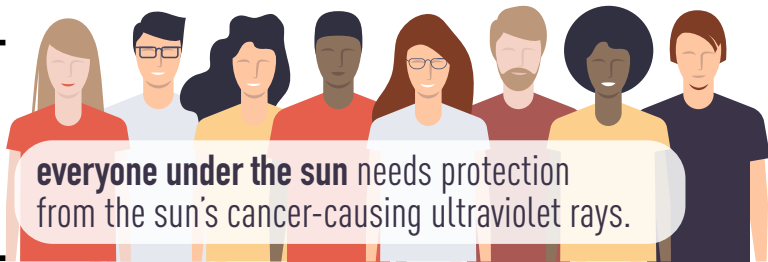
**take action  
against cancer**

# STAY SAFE IN THE SUN!

# how to properly apply sunscreen

a handy guide to the basics of skin cancer prevention.

**WHO**




**everyone under the sun** needs protection from the sun's cancer-causing ultraviolet rays.

If you have skin, you need protection! It's a fact. Skin cancer affects people of all skin types.

**WHAT** always use a sunscreen with a minimum of **SPF 15**



**WHEN** apply sunscreen at least 20 minutes before heading out in the sun.



**HOW MUCH** adults should apply a minimum of 1oz. of sunscreen over all exposed areas of their skin



## AVOID EXPOSURE

Always avoid **PROLONGED EXPOSURE** to the **SUN**, especially between 10am & 4pm.



## COVER UP

Wear long clothing, wide brimmed hats, and sun glasses with UV protection.



## SEEK SHADE

Take breaks in the shade when possible.




## APPLY SUNSCREEN

Apply sunscreen frequently, and **PROPERLY**.

**HOW OFTEN** reapply sunscreen:

- every 2 hours
- after getting wet
- after perspiring heavily



**WHERE** cover **all areas** of your skin that will be **exposed to the sun**.



**pro tip!** Don't forget these often overlooked areas!



Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years.