

SUNSCREEN 101

Wearing sunscreen is an important practice in protecting yourself from harmful ultraviolet radiation.

FOLLOW THESE TIPS TO GET MAXIMUM PROTECTION:



Use an **SPF 30** or higher.



Look for **BROAD SPECTRUM** and **WATER-RESISTANT** on the label



Check the **EXPIRY DATE**

PUT SUNSCREEN ON FIRST,
before any makeup or insect repellent.



TAKE CARE
with products that **COMBINE SUNSCREEN**
with make-up or moisturizer.

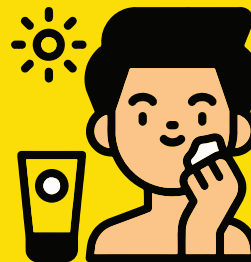


Try different sunscreens until you find one **YOU LIKE**

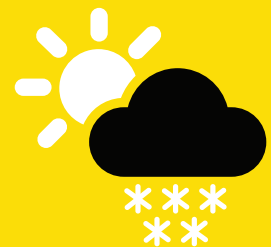
Use a **LIP BALM WITH SPF** and reapply when needed



DON'T SPRAY
aerosol or pump sunscreen products directly onto your **FACE**



Use sunscreen on any skin that clothing does not cover



Apply sunscreen on **CLOUDY DAYS** and **DURING WINTER** months



If you forget to put it on before going outside, **IT'S NOT TOO LATE**

Put it on as soon as you can and reapply often



Apply a **GENEROUS** amount



REAPPLY
every 2 hours

