

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

shot glass full
two tablespoons full

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.