GET THE MOST OUT OF YOUR SUNSCREEN!

1. APPLY GENEROUSLY: Most people don’t use enough. 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: Always use a broad-spectrum sunscreen 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.