SUNSCREEN DO’S AND DON’TS

**DO**

- Use mineral based, broad spectrum UVA/UVB of SPF 30-50.
- Use 1 tablespoon of sunscreen per large body part.
- Re-apply every 2 hours, and more frequently with sweat and swimming.

**DON’T**

- Use spray sunscreens.
- Skip sunscreen on cloudy days.
- Use sunscreen as a standalone protection.

For complete sun safety, you need MORE than sunscreen!

**REMEMBER...**

- **SLIP** on a shirt
- **SLOP** on sunscreen
- **SLAP** on a hat
- **SEEK** shade
- **SLIDE** on sunglasses

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