

# Live SunSmart™

## HOW MUCH SUNSCREEN

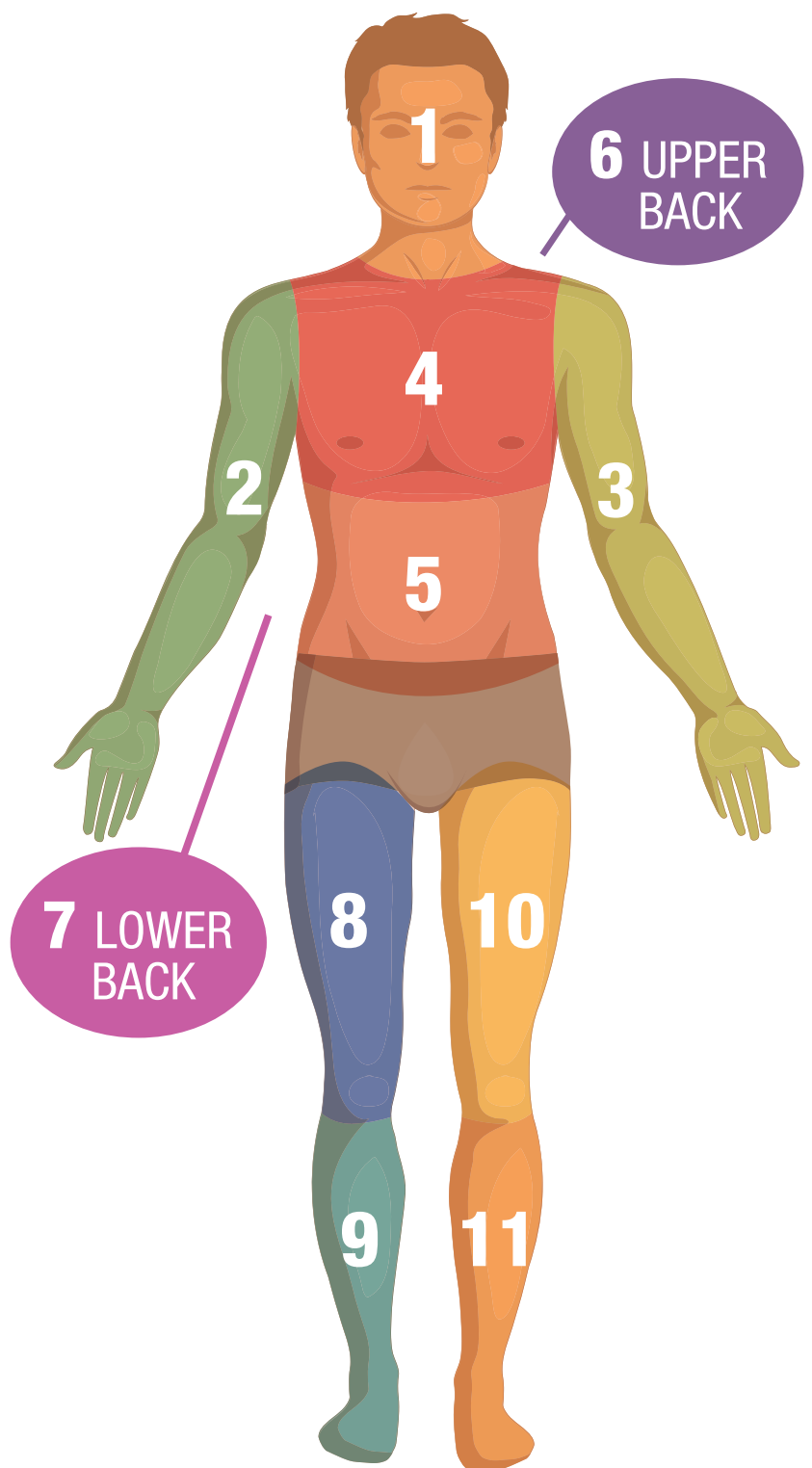


To cover an entire body, you should use about an ounce of sunscreen. An easy way to measure is to squeeze sunscreen on your middle and index fingers, the full length of each.



APPLY **2 FINGERS** OF SUNSCREEN PER ZONE

Using spray? Be sure to fully cover all 11 zones—do not rub in.



DIVIDE YOUR **BODY** INTO **11 ZONES**

For more information on how you, your friends and family can live safely with the sun, visit [livesunsmart.org](http://livesunsmart.org)

