



Live SunSmart™



WEAR
SUNSCREEN
EVERYDAY



If you are not wearing
sunscreen everyday,
you might as well be.

The All-Seasons Guide to Sun Protection Behaviors.

Step
1

Apply broad spectrum
SPF15 sunscreen 20 minutes
before going outside

Step
2

Apply a generous amount
of sunscreen to all exposed
skin – put it on thick

Step
3

Do not rub it in –
let it soak into your skin

Step
4

Reapply sunscreen every
two hours and immediately
after exercise or swimming

Step
5

Wear protective clothing and
accessories; long sleeves, a wide-
brimmed hat, broad-spectrum
sunglasses and lip balm

Step
6

Make sure those you
care about are doing
the same every day!

For more information on how you, your friends
and family can live safely with the sun,
visit livesunsmart.org

