



## AVOID THE BURN WHILE ENJOYING THE OUTDOORS

Whether you're spending the day at the ballpark, soccer fields or swimming pool, too much time in the sun can result in a skin injury, such as a sunburn. A sunburn is a sudden injury in which the skin becomes damaged from natural or artificial ultraviolet light exposure. If ultraviolet light exposure is excessive, long-term skin damage can occur. It is important for everyone to take proper precautions to protect themselves, especially children as studies have shown that most of all sun damage occurs before the age of 20.

## STAY SAFE WHILE ENJOYING THE SUN



**APPLY SUNSCREEN** with an SPF of 30 to dry skin 15 minutes before going outside.



(Use at least 1 ounce, or a shot glass amount, to cover exposed skin.)

No matter your skin tone, **APPLY SUNSCREEN GENEROUSLY** while outside, even when cloudy.



**USE A LIP BALM** with SPF 30, at least, to protect your lips.



**REAPPLY SUNSCREEN** every couple of hours and after swimming or excessive sweating.



Always **STAY HYDRATED**—the longer you're in the sun, the more dehydrated your skin and body will get.



**DON'T FORGET** to put sunscreen on those easy-to-forget areas such as the ears and scalp.



**WEAR SUNGLASSES** with UV protection.



If participating in a sport or activity, make sure your sunscreen is **SWEAT RESISTANT**.



**STAY IN THE SHADE** when possible.



**WEAR LARGE-BRIM HATS** when in the sun for extended periods of time.



After spending time in the sun, **APPLY ALOE VERA** or lotion to your skin, even if you don't have a sunburn.