



## SUNSCREEN APPLICATION



## TIPS FOR KIDS!



Limit time outside when the sun is the strongest (10 AM - 4 PM).



Choose a sunscreen with SPF 30 or higher labeled broad spectrum for protection against both UVA & UVB rays.



Apply thick coat of sunscreen 30 minutes before leaving the house (on cloudy days too)!



Don't forget ears, backs of hands, tops & bottoms of feet, creases, underarms, under bathing suits, between fingers, & part lines.



Reapply sunscreen every 2 hours, more often for tiny swimmers & active kiddos.



Get creative & do it together! Let kids paint sunscreen on themselves & you with a brush!