**SUNSCREEN Tips**

Choose a sunscreen with...

- SPF 30+
- Broad-spectrum
- Water resistant
- Check the expiry date

Apply sunscreen 15 minutes before going outside.

Re-apply every 2 hours, or more often...especially if swimming, towelling off, or sweating heavily.

Consider testing your sunscreen on a small patch of skin.

If your skin develops a rash, becomes itchy, or otherwise reacts:

- Stop using the product
- Talk to your health professional
- If you have questions or concerns OR
- Choose a product with different ingredients

Use about 7 tsp (35 ml) for the entire body. 1 tsp for:

- Face and neck
- Each arm and leg
- Front
- Back

Don't forget: often missed areas: tops of ears, nose, shoulders, feet, scalp (if hair-challenged). Use a sunscreen lip balm to protect your lips, too!