Fun in the Sun

Protect Your Skin!

- Use sunscreen with at least SPF 15. Be sure to re-apply every 2 hours, especially after being in the water or sweating. Still apply sunscreen, even when it’s cloudy!
- Wear lip balm with at least SPF 15.
- Try to limit your time in the sun between 10 a.m. and 3 p.m.
- Wear sunglasses and a hat.
- Don’t use a tanning bed before your trip to get a base tan. Having a base tan doesn’t protect you against a future sunburn.
- Stay hydrated, especially if you are also drinking alcohol!