



**Apply** sunscreen 15-20 minutes before sun exposure.

**Reapply** every 2 hours and after going in the water.

**Reduce** time in the sun between 10am and 4pm.

**Use** SPF 30 or higher.

# Sunburn Safety Tips!



**Wear** a wide-brimmed hat that shades the face and neck.

**Wear** sunglasses with UV protection.

**Wear** loose fitting and lightweight clothing.

**Note:** It is strongly recommended to keep infants under 6 months out of the sun and in the shade. However, if they are outside, dress them in clothes that cover most of their skin and use a small amount of infant sunscreen on exposed areas, like their hands and cheeks.



[www.4-safety.org](http://www.4-safety.org)



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