Sunburn Safety Tips!

- **Apply** sunscreen 15-20 minutes before sun exposure.
- **Reapply** every 2 hours and after going in the water.
- **Use** SPF 30 or higher.
- **Reduce** time in the sun between 10am and 4pm.
- **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.