

HOW TO PROTECT YOUR FAMILY'S SKIN

One blistering sunburn as a child or teen more than doubles the chance of getting skin cancer later in life.*



SPF 30 or higher

Broad-spectrum

Blocking UVA and UVB rays is essential for the best skin protection.

Water-resistant

Water-resistant sunscreen works for about 40 minutes in the water. Reapply after that.

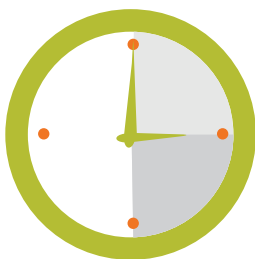


Throw sunscreen away after the expiration date.

It loses effectiveness over time and when exposed to high temperatures.

DID YOU KNOW?

If you need sun and bug protection, apply sunscreen first. Wait 20 minutes and then apply bug spray.



- Apply sunscreen **15 to 30 minutes** before going out in the sun.
- Reapply sunscreen about every two hours.
- Don't forget to cover the ears, hands, feet, shoulders and back of the neck.

1

tablespoons

2

Use at least this amount to cover your body.

Rub it in until it disappears.

For more tips on keeping your family safe outdoors, visit NortonChildrens.com.

*SkinCancer.org

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