**Sunscreen Tips**

* Use a sunscreen that says “broad spectrum” on the label. It will help block most of the UVA and UVB rays.
* Put sunscreen on your skin 20 minutes before you go out in the sun (to allow it proper time to interact with your skin) and 20 minutes after being in the sun (to ensure even application and the best protection).
* Don’t forget to apply sunscreen or SPF protection to your lips, ears and nose. These areas can burn easily.
* Reapply sunscreen when you come out of the water or after you have been sweating if it is not water or sweat proof.