

Steps To Apply Sunscreen Correctly



Choose a sunscreen with a 30+ sun protection factor.



Get a water-resistant sunscreen if going for a swim.

Always apply sunscreen on clean and dry skin.



Apply sunscreen over all the skin not covered by clothing.

Use at least one ounce of sunscreen for enhanced protection.



Apply sunscreen at least 10 to 30 minutes before sun exposure.

Reapply sunscreen at two-hour intervals if you are outdoors.



Apply sunscreen even if the weather is cloudy or windy.