

# DON'T GET STUNG BY THE SUN!



- ☀️ Seek the shade, especially between 10AM and 4PM
- ☀️ Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- ☀️ Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- ☀️ Don't get sunburned.
- ☀️ Avoid tanning and never use UV tanning beds
- ☀️ Examine your skin head-to-toe every month



You can reserve a free SunSmart portable sunscreen loaner dispenser for your next outdoor event!

For more information visit [rgcf.org](http://rgcf.org)

Be  
**CLIMATE**  
Ready

