

Sun Safety, made simple!

A quick sun safety reminder.



Cover up



- Wear a wide-brimmed hat and sunglasses.
- Cover skin with clothing when you can.
- Seek shade.
- Extra care near water and on holiday days.

It is important to protect your skin even when it's cloudy, as the sun can still cause damage.

Choose the right sunscreen



SPF 30+ and UVA 4-5★
or "UVA" circled

- Put it on 20 minutes before you go out.
- Use enough:
roughly 2 fingers for face and neck,
6-8 teaspoons for entire body.

Reapply + do not miss spots



- Do not forget ears, lips, scalp parting, and the back of your neck.
- Reapply sunscreen every 2 hours, or if your skin gets wet.

Scan this QR code with your phone camera app for some helpful resources on sun safety and skin checks!



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