#newfamilyrule

Protect your skin

- Wear a hat with a wide brim to protect your head, ears and neck.
- Wear sunglasses with UVA and UVB protection to protect your eyes.
- Wear long loose clothing to protect your arms, torso and legs.
- Apply sunscreen to your exposed skin. Use a water-resistant broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or more.
- Seek shade to stay out of the direct sun.
- Reduce your time in the sun between the hours of 11 a.m. - 4 p.m. when the sun is strongest.

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