



Time Out, Protect Your Skin

TOPS Sun Safety Tips for Kids

Here are some easy ways that you can protect your skin every day from the sun's harmful rays:

1. Put on sunscreen every day BEFORE going outside. Use a handful to cover your whole body and face.
2. Make sure your sunscreen lotion or spray has the words "broad-spectrum" on it and has an SPF of 30 or higher.
3. Apply sunscreen every two hours while outdoors, even on cloudy days. Dry off and re-apply after swimming and when you get sweaty from playing.
4. Check the expiration date on your sunscreen bottle to make sure it still works. If you are using the correct amount of sunscreen, you will use up many bottles every summer.
5. Always wear a tight-weave t-shirt when you are out in the sun to protect your skin, and an SPF swim shirt or rash guard when swimming.
6. Look for shady spots to protect yourself from the sun.
7. Make your own shade by wearing a hat to keep the sun off your face.
8. Wear sunglasses that give UVA and UVB protection to your eyes.



www.womensderm.org

