

Color in the items that keep you safe in the sun.



University of Vermont
Cancer Center

SUNSCREEN 101

WHO? Everyone under the sun.*
*Babies under 6 months are the only exception.

WHAT? Broad spectrum SPF 30 or higher.

WHEN? Every day before going outside.
Reapply every 2 hours.

WHERE? All sun exposed skin.

WHY? Reduce your risk of skin damage
and skin cancer.

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Cover up

With a wide-brimmed hat, sun-protective clothing and sunglasses.



Seek Shade

When the sun's UV rays are strongest.



Wear Sunscreen

With SPF 30 or higher and reapply every 2 hours.