

Sun Safety

Adults

- Broad Spectrum (UVA and UVB) at least SPF 30
- Apply sunscreen 15-20 minutes before sun exposure
- Rub in sunscreens, especially aerosols and liquids
- Reapply every two hours during activity

Babies/Children

- **Under 6 months:** minimize sunscreen use; no direct sunlight; shade and adequate UV clothing
- **Over 6 months:** Use Sunscreens with titanium dioxide and zinc oxide (physical sunscreen) which are less likely to irritate their sensitive skin
- Apply sunscreen 30 min before sun exposure
- Reapply every two hours and after swimming or sweating as no sunscreen is “waterproof”

Sun Protection Clothing Recommendations



UVSkinz - 20% off with MED20



Wallaroo - 20% off with JANEYOOMD



Coolibar - 20% off with
YOO202025



Solbari - 15% off with
JANEYOOMD15