

# Spring Break FUN IN THE SUN

- Use broad-spectrum sunscreen and reapply every 2 hours or after swimming. Still apply sunscreen even when it's cloudy!
- Wear lip balm with at least SPF 15.
- Try to limit your time in the sun between 10 a.m. and 3 p.m.
- Wear sunglasses and a hat.
- Stay hydrated, especially if you are also drinking alcohol!