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!