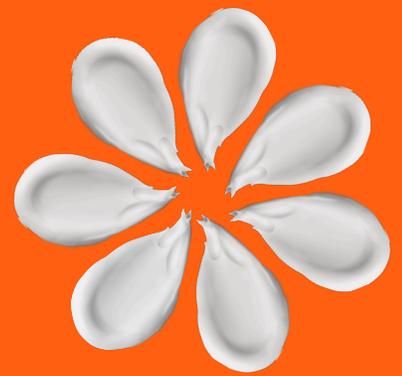


MAY 27TH IS NATIONAL SUNSCREEN DAY



Here are some tips for staying safe in the sun...



Humans have practiced different methods of sun protection for thousands of years including using ingredients like rice bran, olive oil, sand, and mud to prevent burns. Modern sunscreens shield us from harmful UV rays, making outdoor enjoyment safer. Available in lotions, sprays, sticks, and gels, they cater to different needs and preferences.

USE SUNSCREEN

APPLY SUNSCREEN WITH AN SPF OF 30 OR HIGHER TO ALL EXPOSED SKIN

SEEK SHADE

TRY TO STAY IN THE SHADE DURING THE HOTTEST PART OF THE DAY

REAPPLY SUNSCREEN

EVERY TWO HOURS OR AFTER SWIMMING OR SWEATING

WEAR PROTECTIVE CLOTHING

WEAR A WIDE-BRIMMED HAT THAT SHADES YOUR FACE, NECK, AND EARS

Sources

- <https://www.cancer.org/cancer/risk-prevention/sun-and-uv/how-to-use-sunscreen.html>
- <https://www.fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun>
- <https://cosmoderma.org/history-of-sunscreen/#:~:text=Sunscreen%20has%20become%20an%20important,sunscreen%20in%20the%20year%201928.>