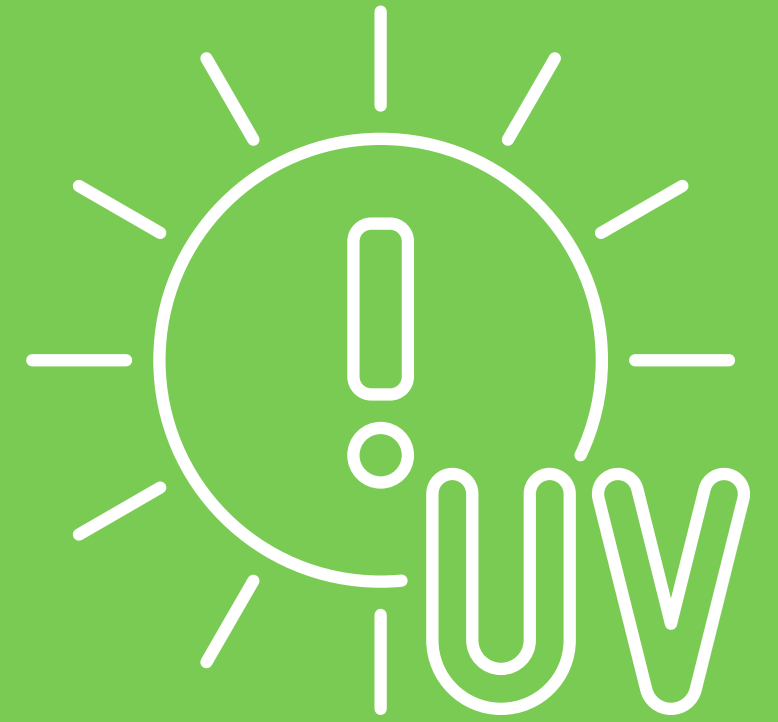


**What are
the rules of
Sunscreen?**



It is important to remember that during the summer, the sun's rays are the most intense.



This means we have to be extra careful to protect our skin from the sun's fun, but harmful, UV rays. By using sunscreen, we avoid unprotected exposure and painful sunburn



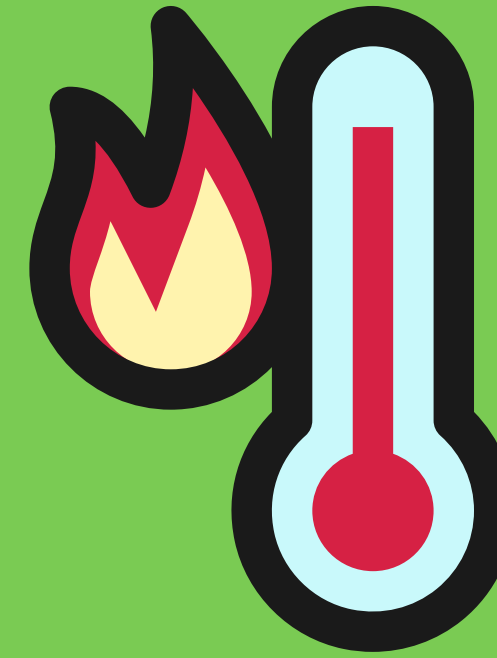
The harmful effects of unprotected sun exposure include..



painful
sunburn



risk of skin
cancer



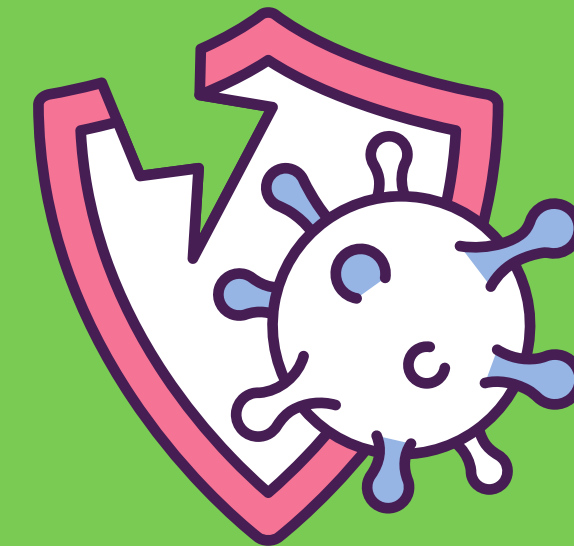
heat
exhaustion



eye
damage



premature
wrinkles



weakened
immune
system

In order to avoid these effects, it is important to...

-apply sunscreen with an SPF 20+ to all exposed areas of skin



-reapply every 2 hours

-protect your eyes with sunglasses!



works cited

<https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses>

