From the CATCH Global Foundation

TIPS TO BETTER APPLY YOUR SUNSCREEN

Cover your whole body. Even these often-missed places!

Back of neck

Ears

Toes

Timing is important!

Make applying sunscreen a daily habit

Sunscreen takes 30 minutes to start working

Sunscreen expires after 3 years!

Reapply Sunscreen every 2 hours

No sunscreen provides 100% protection from the sun. SPF 30 provides 97% protection, and higher SPFs offer a marginal difference.

Spray sunscreen may be less effective than traditional. Be sure all of skin is wet, and rub in!

Any skin color can develop Melanoma, the most dangerous kind of skin cancer. Protect yourself!

SPF 30