



save your skin
FOUNDATION

CORE SUN PREVENTION STRATEGIES



4. Repeat and Monitor the UV Index

Stay vigilant by repeating the cycle and monitoring the UV Index, readily available on most phones under the weather app.



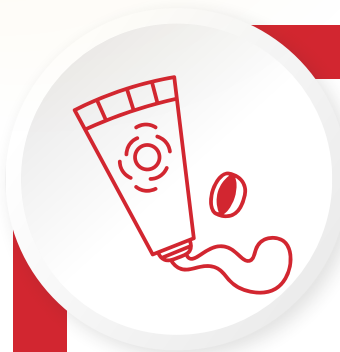
3. Slip on a Shirt

Protect your skin with clothing, UV protection sunglasses, and a hat that covers your face, neck, and ears.



2. Seek out Shade

1. Keep infants and young children away from direct sunlight.
2. Find shade, especially during the peak brightness from 11 am to 3 pm.
3. Retreat from the sun before your skin shows signs of reddening or burning.



1. Slap on Sunscreen

When applying sunscreen, understanding these crucial factors is essential:

1. UVA & UVB Protection
2. Minimum SPF 30
3. Reapply every 2 hours
4. Apply 20 minutes before exposure

www.saveyourskin.ca