

## Sunscreen Types

- Creams: best for dry skin/facial area
- Gels: Make it easier to apply over hairy areas (scalp, chest, etc.)
- Sticks: Great to use around the eyes
- Sprays: Be cautious when using sprays, make sure that you are applying enough



# Have a Wonderful & Safe Spring Break!

Health Education Office

Center for Student Development

Room 211

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Spring Break Tips



## Protecting Your Skin from the Sun





## Sunscreen is Protecting you if it is:

- Broad spectrum protection (it blocks UVA & UVB rays)
- SPF 30 or greater
- Water resistant
- Coating your entire body
- Reapplied!



## Have a Safe Day at the Beach

**8:30am:** Apply and SPF of 30 or higher all over your body to let it sink in before you hit the beach. (Don't forget the back of your neck!)

**10:30am:** REAPPLY! Activities like swimming, toweling off & sweating can cause your sunscreen to come off; even water-proof sunscreen can rub off. So be sure to reapply every 2 hours.

**12:00pm:** Peak sun hours; this is the time to wear a hat or put an umbrella up to protect yourself from harmful UV rays.

**12:30pm:** REAPPLY!

\*maybe you could relocate to a shadier area to eat your lunch. Be sure to pack lots of water to keep yourself hydrated.

\*pack fruit and veggies to give yourself extra protection from the natural antioxidants.

**2:30pm:** If you are staying at the beach any longer than 2:00pm, reapply now.

## Wear Protective Clothing

- Hat
- Sunglasses
- Long-sleeved shirt
- Long pants
- Cover up as much as you can!



## Remember:

- Reapply every 2 hours
- Apply lib balm/lipstick containing SPF 30 or greater
- Even on cloudy days you can get sunburned