



Protect our skin with sunscreen!



The sun shining makes us feel happy and warm, but we must protect our skin from the sun's rays, and to do this we need to apply sunscreen!

How much sunscreen should I apply?



1-2 pumps of sunscreen for each area

this amount for:

- face
- ears

- neck
- shoulders

- chest
- tummy
- back

- arms
- hands
- legs
- feet

I can choose where on my body I want to rub the sunscreen into first

When to apply sunscreen:



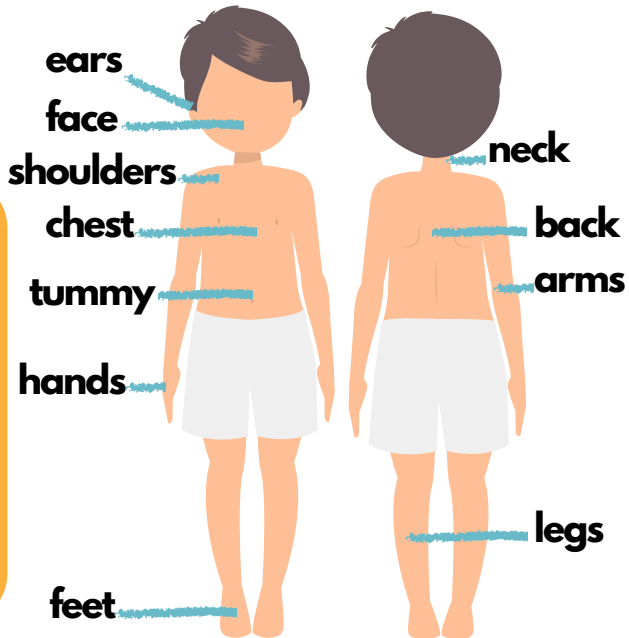
30 mins before going outside



Every 3 hours



After swimming or sweating





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