

ENJOY THE OUTDOORS WITHOUT THE BURN

At the ballpark, soccer field or pool, too much sun can injure your skin and cause sunburn. Sunburn is an acute skin injury caused by natural or artificial ultraviolet (UV) light. Too much UV exposure can also cause lasting skin damage. Everyone should take steps to protect their skin, especially children: studies show that most sun damage happens before the age of 20.

SAFER WAYS TO ENJOY THE SUN



Use **SPF 30 sunscreen** on dry skin 15 minutes before heading outside.



Whatever your skin tone, **use plenty of sunscreen** outdoors, even on cloudy days.

(Cover exposed skin with at least 1 ounce - about a shot glass full.)



Protect your lips with **lip balm** rated at least SPF 30.



Reapply sunscreen every two hours, and after swimming or heavy sweating.



Keep hydrated. More time in the sun means more moisture loss from your skin and body.



Remember sunscreen on often-missed spots, including ears and scalp.



Choose **sunglasses** that block UV rays.



For sports or other activities, choose a **sweat-resistant sunscreen.**



Seek **shade** when you can.



Put on a **wide-brim hat** for long periods out in the sun.



After time outdoors, use **aloe vera or lotion** on your skin, even without a sunburn.

Sources: National Athletic Trainers' Association, MLB Team Physicians Association, American Academy of Dermatology
Infographic from the National Athletic Trainers' Association