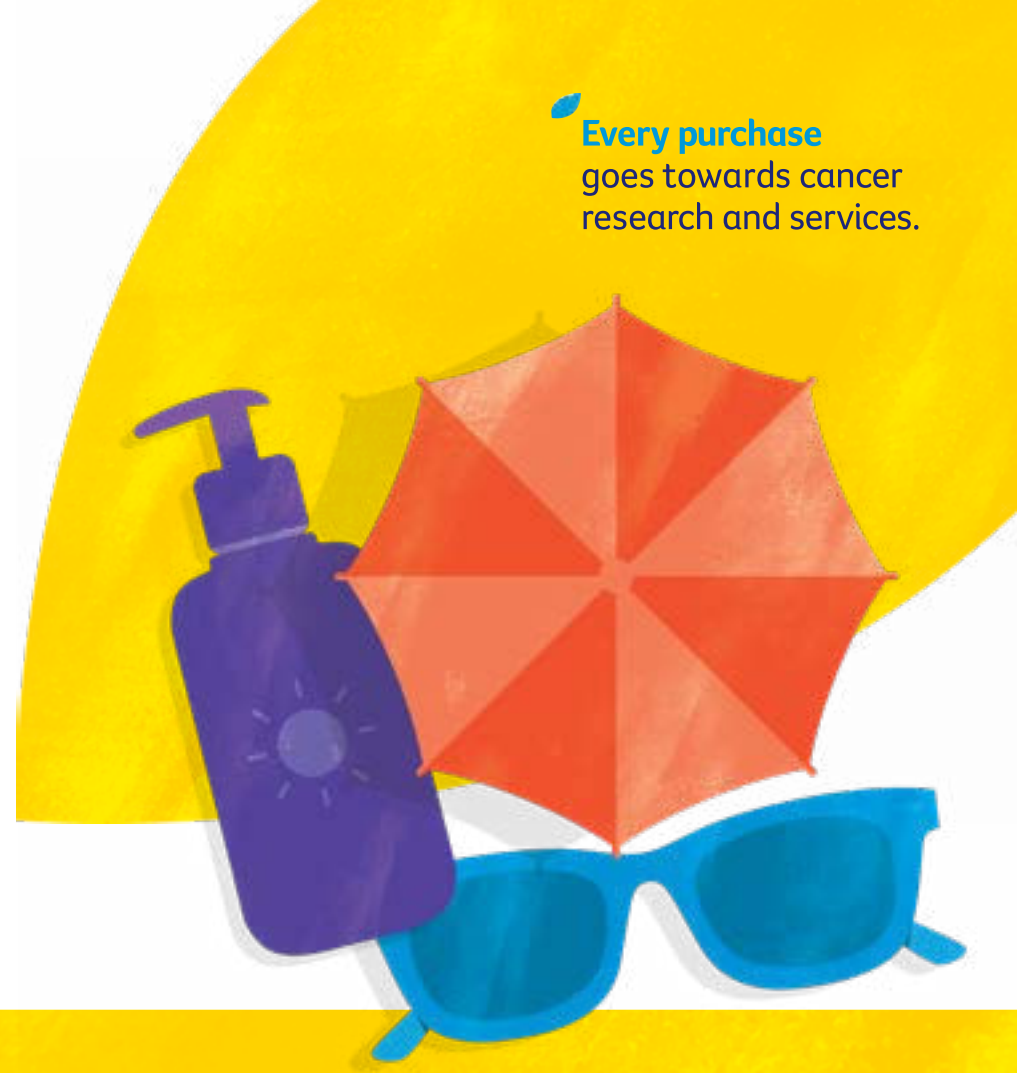


CORRECT SUNSCREEN APPLICATION



Apply sunscreen at least **20 minutes** before sun exposure



 = **5 mL**
One teaspoon is equal to 5mL of sunscreen

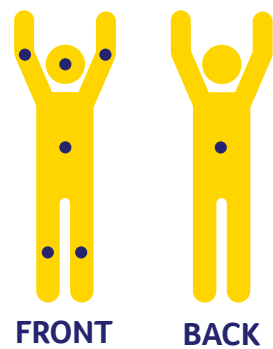


You need at least **7 teaspoons** for a full body application. One for each arm, each leg, your front, your back, face, neck and ears.

This means a full body application* is **35mL of sunscreen**



=



*35mL equals one full body:
• Front of body
• Back of body
• Face, neck and ears
• Arms and legs

For a Cancer Council 110mL tube, this is approx. 3 full body applications.



Always read the label. Use only as directed.



Every **2 hrs**

Reapply sunscreen after **2 hours, or sooner** if you've been swimming, sweating or towel drying.

Do a test if it's a first time use, or if you're applying to sensitive skin. If irritation occurs, discontinue use.