

The Sun Protection Plan

Four habits, every box checkable. Print it, mirror it, take it out the door.

15

SPF · THE LOWEST NUMBER
WORTH PUTTING ON YOUR SKIN

CHECKED AGAINST
NIA · CDC · NATIONAL CANCER INSTITUTE

1 TREAT 10AM TO 4PM AS THE RISKY WINDOW

- Summer midday: UV rays are strongest between 10 a.m. and 4 p.m.
- Cloudy counts. UV goes through cloud and bounces off water, sand and snow.
- Shift the plan, not the day: walk, garden or golf early or late instead.

2 PUT SUNSCREEN ON BEFORE YOU GO OUTSIDE

- Broad spectrum, SPF 15 or higher. Both letters matter: UVA and UVB.
- On 15 to 30 minutes early, in a thick layer, on every bit of exposed skin.
- Again every two hours, and right away after swimming, sweating or toweling.

3 COVER WHAT SUNSCREEN KEEPS MISSING

- Hat with a brim all the way round: face, ears and the back of the neck.
- Tightly woven fabric, long sleeves, long pants. Darker colors protect more.
- Sunglasses that block UVA and UVB. Wrap-around styles block the side rays.

4 CHECK YOUR OWN SKIN ONCE A MONTH

- A: asymmetry B: irregular borders C: more than one color
- D: wider than a pencil eraser E: evolving in size, shape or color
- Also flag: a new growth, a sore that will not heal, a mole that bleeds.

WHAT ACTUALLY SHIELDS YOU

Midday shade	BEST
Brimmed hat	STRONG
Woven sleeves	STRONG
Broad spectrum	DAILY
Baseball cap	GAPS
Tanning bed	NEVER

ONE MORE THING TO ASK

Some antibiotics, NSAIDs and diuretics make skin more sun sensitive. Ask your pharmacist about yours.

BEYOND THE BOTTLE · YOUR CLOCK, YOUR COVER, YOUR WHY

THE REAPPLY CLOCK - circle your row

SITUATION	SUNSCREEN	ALSO
Still outside	Every 2 hrs	Shade
Out of water	Right away	Towel dry
After sweating	Right away	Hat on
Cloudy day	Same as sun	Sleeves

SPF 15 is the floor on the bottle, not a target.
Reapplying on this clock matters more than the number.

COVER FIRST - none of it wears off

Brimmed hat	tight weave	face, ears, neck
Long sleeves	dry, dark	arms
Long pants	dry fabric	legs
Sunglasses	UVA + UVB	eyes
Shade	tree, umbrella	most of you
Sunscreen	SPF 15+	the gaps

A wet shirt protects less than a dry one, and a straw hat with holes lets sun straight through.

WHAT THE SUN DOES UNDER THERE

- why the habit is worth it

✓ Breaks down collagen	✓ Thins the outer layer
✓ Drives wrinkles	✓ Creates age spots
✓ Damages cell DNA	✓ Raises skin cancer risk

Skin cancer is the most common cancer in the United States, and UV exposure is a major risk factor (CDC).