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LET'S LOOK ON THE BRIGHT SIDE

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SUN SAFETY

Everybody loves the sunshine. But too much of a good thing can be bad for your health – and your looks. Exposure to the sun's UV rays can lead to skin cancer and speed up aging. Protect yourself by protecting your skin and practicing safe sun.



Stay underexposed

90% of non-melanoma skin cancer is caused by the sun. So are 90% of the visible signs of aging. Two good reasons to wear sunscreen 100% of the time.



Drink up!

Keep your glass at least half full. Water is always a must, but you need extra H₂O when it's hot. Sip steadily through the day to stay healthy and hydrated.



Smear it on

Use at least 1 ounce of sunscreen – that's about the size of a golf ball – if your arms, legs, chest, back, and face will be exposed.

Want more ways to stay protected? Visit kp.org/sunscreen or pinterest.com/kpthrive. 

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