

# Health Awareness



## Sun Protection Tips

(NAPSA)—Sun protection is an essential part of skin care health every day of the year, but it's especially important during the warmer months when people are outdoors more.

Here are a few skin protection tips for the whole family:



**Reapply sunscreen frequently. A travel-size sunscreen can make it easier to reapply whenever you need to.**

- Sunscreens vary in their ability to protect against UVA and UVB rays. Be sure to select one, like the new CVS/pharmacy Continuous Spray Sunblocks, with a sun protection factor (SPF) of at least 15 for adults and 30 for children.

- Pick up moisture-resistant sunscreens for longer-lasting protection on days you might swim or perspire heavily.

- Make it easier to reapply sun protection throughout the day by carrying a travel-size, like those found exclusively at CVS/pharmacy, in your handbag, golf bag or backpack.

- Keep children out of the sun when it is at its most dangerous, between 11 a.m. and 3 p.m. During those hours, move playtime into the shade.