

## Fast Facts

<b>Sunscreen Rules</b>	<b>Sunburn Treatment</b>
<ul style="list-style-type: none"><li>-Apply every 2 hours</li><li>-Use at least 1 oz. of lotion each application</li><li>-Protective clothing is important</li><li>-Spend time in the shade</li><li>-Drink plenty of water</li></ul>	<ul style="list-style-type: none"><li>-Get out of the sun</li><li>-Cool off your skin and moisturize</li><li>-Hydrate with water, juice, or sports drinks</li><li>-Medicate with anti-inflammatories</li><li>-Keep an eye on the symptoms</li></ul>

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