

Fast Facts

Sunscreen Rules	Sunburn Treatment
Apply every 2 hours	Get out of the sun
Use at least 1 oz. of lotion each application	Cool off your skin and moisturize
Protective clothing is important	Hydrate with water, juice, or sports drinks
Spend time in the shade	Medicate with anti-inflammatories
Drink plenty of water	Keep an eye on the symptoms

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