AVOID THE BURN WHILE ENJOYING THE OUTDOORS

Whether you’re spending the day at the ballpark, soccer fields or swimming pool, too much time in the sun can result in a skin injury, such as a sunburn. A sunburn is a sudden injury in which the skin becomes damaged from natural or artificial ultraviolet light exposure. If ultraviolet light exposure is excessive, long-term skin damage can occur. It is important for everyone to take proper precautions to protect themselves, especially children as studies have shown that most of all sun damage occurs before the age of 20.

STAY SAFE WHILE ENJOYING THE SUN

- **APPLY SUNSCREEN** with an SPF of 30 to dry skin 15 minutes before going outside.
- **REAPPLY SUNSCREEN** every couple of hours and after swimming or excessive sweating.
- **WEAR SUNGLASSES** with UV protection.
- **USE A LIP BALM** with SPF 30, at least, to protect your lips.
- **DON’T FORGET** to put sunscreen on those easy-to-forget areas such as the ears and scalp.
- **WEAR LARGE-BRIM HATS** when in the sun for extended periods of time.
- **STAY IN THE SHADE** when possible.
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Source: National Athletic Trainers’ Association, MLB Team Physicians Association, American Academy of Dermatology

Infographic provided by the National Athletic Trainers’ Association

(Use at least 1 ounce, or a shot glass amount, to cover exposed skin.)