



Sunscreen Reminder

- **6:00 AM:** If you're an early riser, apply sunscreen first thing in the morning. Even if the sun isn't fully up, UV rays can still be strong, especially in summer.
- **7:00 AM - 9:00 AM:** Reapply sunscreen. The sun is rising, and UV exposure will increase rapidly. This is especially important if you're outdoors or commuting to work.
- **10:00 AM:** Time for another application. The sun is getting higher in the sky, and UV levels are intensifying.
- **11:00 AM - 1:00 PM:** These are typically the peak UV hours. Reapply sunscreen every hour. If possible, try to stay in the shade or indoors during these hours.
- **2:00 PM - 4:00 PM:** Continue to reapply sunscreen every hour. The sun is still strong during these hours.
- **5:00 PM:** As the sun starts to lower, you might feel like the risk is less, but it's still important to apply sunscreen, especially if you're spending time outdoors.
- **6:00 PM - 8:00 PM:** Even in the late afternoon or early evening, the UV rays can be strong, especially in summer. Reapply sunscreen if you're still outside.
- **After 8:00 PM:** Usually, the UV risk decreases significantly. However, if you're in an area with high UV levels or during the peak of summer, consider one last application if you're outdoors.