

## Daily Sunscreen Usage Checklist

Date: \_\_\_\_\_

### **Morning Routine (Before Leaving Home)**

- ☐ Check the weather forecast and UV index
  - Remember high UV means stronger sun protection is needed
- ☐ Apply sunscreen 15 minutes before stepping out
  - If high UV, use SPF 50 sunscreen
  - Apply to all exposed skin
- ☐ Dress appropriately
  - Check our site to get good cloth wear recommendations
  - Don't forget your sunglasses, hat, and water bottle

### **Midday Check (Especially if outdoor)**

- Reapply sunscreen every two hours to protect yourself and your children from sun

After next two hours: Time \_\_\_\_\_

- ☐ Reapply Sunscreen again

After next two hours: Time \_\_\_\_\_

- ☐ Reapply Sunscreen again

After next two hours: Time \_\_\_\_\_

- ☐ Reapply Sunscreen again

After next two hours: Time \_\_\_\_\_

- ☐ Reapply Sunscreen again

After next two hours: Time \_\_\_\_\_

- ☐ Reapply Sunscreen again

