



# LET'S LOOK ON THE BRIGHT SIDE

## SUN SAFETY

Everybody loves the sunshine. But too much of a good thing can be bad for your health – and your looks. Exposure to the sun's UV rays can lead to skin cancer and speed up aging. Protect yourself by protecting your skin and practicing safe sun.



### Stay underexposed

90% of non-melanoma skin cancer is caused by the sun. So are 90% of the visible signs of aging. Two good reasons to wear sunscreen 100% of the time.



### Drink up!

Keep your glass at least half full. Water is always a must, but you need extra H<sub>2</sub>O when it's hot. Sip steadily through the day to stay healthy and hydrated.



### Smear it on

Use at least 1 ounce of sunscreen – that's about the size of a golf ball – if your arms, legs, chest, back, and face will be exposed.

**Want more ways to stay protected?** Visit [kp.org/sunscreen](https://kp.org/sunscreen) or [pinterest.com/kpthrive](https://pinterest.com/kpthrive). 

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