



Skin cancer prevention
Prolonged exposure to sun outdoors



1. Before applying the cream, wash and dry your hands thoroughly.



2. For prolonged exposure to sun outdoors, you should use a sunscreen with an SPF of 30 or higher.



3. Apply the sunscreen at least 20 minutes before going into the sun.



4. Use enough cream to cover the areas that will be exposed to the sun (face, neck, ears, hands and arms).



5. The sun's rays always burn. Therefore, even on cloudy days apply the same amount of cream on your skin as you would if it was a sunny day.



6. Massage the sunscreen into the skin until it is completely absorbed.

7. Reapply the sunscreen every 2 to 4 hours in line with the instructions on the bottle and your skin type (for pale skin do not go more than two hours without reapplying cream, and for darker skin do not go more than 4 hours).