

reapply sunscreen

take it with you



every two hours



when you get wet



wear sunscreen, sunglasses,
cover-up clothing and a hat



sunsafecolorado.org

Looking for a simple way to remember how much sunscreen you need? The Rule of Two Fingers makes it easy!

- Picture your body as having 11 sections.
- Apply two finger lengths of sunscreen to each of the 11 sections that are exposed to the sun.
- If two finger lengths feel like too much sunscreen for your skin to absorb, apply one finger length of sunscreen to each section and reapply the same amount within 30 minutes.
- Continue to reapply sunscreen every 2 hours, or after swimming or sweating.



Body Areas for Applying the "Rule of Two Fingers"

