

# FEMA Region II: Beach Safety Tips

## In the Sun

- Bring items to block the sun (hat, umbrella, sunglasses).
- Wear broad spectrum sunscreen at or above 30 SPF.
- Use sunscreen even when its cloudy!
- Reapply sunscreen every 2 hrs.
- Look out for sharp objects on the beach if you're not wearing shoes.
- Keep spray sunscreens away from your face.



**For more information go to :**

<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>