

HOW TO CHOOSE SUNSCREEN



Broad Spectrum Protection

Look for "broad spectrum" sunscreen to shield against both UVA and UVB rays. UVA rays cause premature aging, while UVB rays lead to sunburn and skin damage. Both can contribute to skin cancer.



Sun Protection Factor (SPF)

Opt for an SPF of 30 or higher. SPF measures protection against UVB radiation. Broad spectrum sunscreens also offer UVA protection. Higher SPF values provide incremental increases in UV radiation protection.



Water Protection

Choose water-resistant or very water-resistant sunscreen for protection while swimming or sweating. Reapply every 40 minutes or 80 minutes when in water.



Other Considerations

- Apply sunscreen 15 minutes before going outside.
- Use sunscreen in all seasons; UV rays can penetrate clouds, fog, and windows.
- Apply on all exposed skin, including the neck, face, ears, feet, hands, and scalp.
- Use at least 1 ounce (2 tablespoons) for adults, or the amount that fits in your palm.
- Consider different sunscreen types for various skin and application needs (e.g., creams, gels, sticks, sprays).
- Avoid sunscreen for infants under 6 months and opt for protective clothing.
- Do not combine sunscreen with insect repellents.
- Check sunscreen expiration dates and discard expired products.



Sun Exposure Awareness

Protecting your skin from the sun is crucial throughout your life. The cumulative effects of sun exposure contribute to the risk of skin cancer. Make sun protection a habit.



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