

## Selecting and Applying Sunscreen

Choosing the right sunscreen helps lower the risk for skin cancer. Sunscreen works to protect your skin from the sun's harmful ultraviolet (UV) rays and should be used year round whenever you go outside. Everyone needs sunscreen because anyone can get skin cancer no matter your age, race or gender. Below are some tips for selecting and applying sunscreen.

- Make sure the sunscreen says broad-spectrum on the bottle. This means that the sunscreen is protecting the skin from both UVA and UVB rays. Both rays can cause cancer, which makes having a broad-spectrum sunscreen very important.
- Choose a sunscreen with a sun protection factor (SPF) rating of 30 or higher.
- Apply sunscreen liberally 15 minutes before going outside and reapply at least every two hours. Sunscreens are not waterproof or sweat proof. When swimming or sweating, make sure to reapply more frequently. Follow the manufacturer's instructions on the label.
- Sunscreen should be worn by children 6 months and older. If you are considering applying sunscreen on an infant under 6 months, check with your doctor first.
- Sunscreen does not last forever and generally expires after two years. Make sure to check the expiration date on the bottle or label all products with the date purchased. When sunscreen has expired, throw it out and purchase a new bottle for the summer. Expired sunscreen may change in color or consistency.
- Typically one ounce of sunscreen is sufficient to cover any exposed areas of the body. However, be mindful that more sunscreen might be needed.

For additional information on sunscreen tips, order a free Get Sun Smart Kit by visiting [GetSunSmart.org](http://GetSunSmart.org) or call 410-222-7979.