

Protect your skin with sunscreen

Why you should use sunscreen

Broad spectrum sunscreen

Broad spectrum sunscreen protects your skin from two types of UV light called UVA and UVB. UVA rays can make your skin age faster. UVB rays can burn your skin. Both types of UV ray can cause skin cancer. Everyone needs to use sunscreen, even if they don't usually burn.

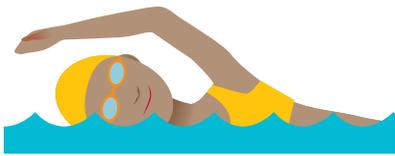
Physical vs. chemical sunscreens

Physical sunscreens are broad spectrum and have titanium dioxide and zinc oxide. They stop UV rays before they touch your skin. **Chemical sunscreens** are not all broad spectrum. They absorb UV rays before they go into your skin. If you have sensitive skin, use physical sunscreens with titanium dioxide or zinc oxide.

Hypoallergenic or fragrance-free

If you have sensitive skin, try using hypoallergenic or fragrance-free products. They can protect sensitive skin more gently.

Swimming or sweating?



Reapply your sunscreen **at least every 80 minutes**, or more often if you are sweating or swimming.

Water or snow



Surfaces like water and snow can reflect UV rays. Wear sunscreen if you will be around water or snow.



Always wear sunscreen when the sun is strongest between 10 a.m. and 4 p.m.

Protective clothing

Protect your skin by wearing things like a long-sleeved shirt, pants, a wide-brimmed hat, sunglasses, and UV rash guards.



Water-resistant

Water-resistant sunscreen stays on your skin better, even if it gets wet. Reapply your sunscreen **at least every 80 minutes** to make sure it stays on.

What does SPF mean?

SPF means **Sun Protection Factor**. It is a way to measure how well the sunscreen will protect your skin. The higher the SPF number, the better it can protect your skin. Use sunscreen with at least **30 SPF**.

Protect your skin from cancer

What is melanoma?

Melanoma is the most dangerous type of skin cancer. If you notice a change in shape or color to a mole or a new lump on the skin, it may be melanoma. You can reduce your risk of melanoma by using sunscreen, even on cloudy days.

Over **100,000** new cases



of melanoma are diagnosed in the U.S. every year.

Check your skin every month



Look for changes in the size, shape, or color of any moles. Also check if it looks different from other moles or feels itchy, hard, bumpy, swollen, or if it hurts to touch.

Visit a dermatologist

If you see any changes to your skin, talk with a dermatologist.

Spray vs. Lotion, cream, or sticks



Lotion, cream, or stick sunscreens are better than sprays because they can cover your skin more evenly, are easier to see, and last longer. Use about 1 ounce of lotion or cream sunscreen to cover your body evenly.