

What to look for on your sunscreen label



Choosing the right sunscreen and applying it correctly will protect your skin from harmful UV rays that can cause skin cancer.

Using sunscreen with an SPF higher than 30 does not mean you can stay in the sun longer or reapply less often.

Look for protection against both UVA and UVB rays.

No sunscreen is waterproof. Products must specify whether they are water resistant for 40 or 80 minutes.

Tips for applying sunscreen

Apply 30 minutes before sun exposure.



Apply at least one ounce – the size of a golf ball.

Cover each part of your body exposed to the sun.



Reapply liberally every two hours or after swimming or sweating.



Reapply spray sunscreen more often.

Wear sunscreen whether it's sunny or not.

UV rays are present year-round and can do damage even on a cloudy day.