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.

What to look for on your sunscreen label:

- SPF 30
- Broad spectrum
- Water resistant
Tips for applying sunscreen

Apply 30 minutes before sun exposure.

Cover each part of your body exposed to the sun.

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

Reapply liberally every two hours or after swimming or sweating.

Wear sunscreen whether it’s sunny or not.

Reapply spray sunscreen more often.

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

www.mdanderson.org/skin-safety