

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.
- Mineral sunscreen offers the most protection because it creates a barrier between you and the sun.
- No sunscreen is waterproof. Products must specify whether they are water resistant for 40 or 80 minutes.

THE UNIVERSITY OF TEXAS

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Making Cancer History®

Tips for applying sunscreen



Apply 30 minutes before sun exposure.



Apply at least 1 ounce – the size of a golf ball.

Cover each part of your body exposed to the sun.



Reapply liberally every 2 hours or after swimming or sweating.



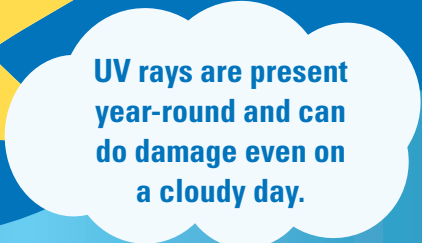
Reapply spray sunscreen more often.



Do not put sunscreen on babies 6 months or younger.



Wear sunscreen whether it's sunny or not.



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

[MDAnderson.org/Skin-Safety](https://www.mdanderson.org/Skin-Safety)