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.

What to look for on your sunscreen label:

- SPF 30+
- Broad spectrum
- Mineral sunscreen
- Water resistant
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.

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