

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.

THE UNIVERSITY OF TEXAS

MD Anderson ~~Cancer~~ Center

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.



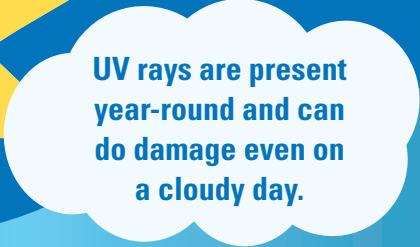
Reapply spray sunscreen more often.



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.

www.mdanderson.org/skin-safety