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

What to look for on your sunscreen label:

- 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.

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