

# Commonly Asked Questions About Sunscreen

## How Does Sunscreen Protect You?

Sunscreen can help you avoid risks for skin problems from ultraviolet (UV) radiation that comes from the sun.

Ultraviolet radiation that reaches the earth's surface comes in the form of UVA and UVB rays. The UV rays can lead to skin problems including sunburn, wrinkling, age spots and skin cancer.

## Who Should Use Sunscreen?

Anyone age 6 months or older should use sunscreen.

Keep babies 6 months or younger out of the sun. If this is not possible, use a small amount of sunscreen on skin that is not covered. Use sunscreen that is made for children.

## When Should You Use Sunscreen?

Use sunscreen when you spend time outdoors. Apply sunscreen on sunny and cloudy days because UV rays pass through clouds. Use sunscreen during all seasons of the year.

Apply sunscreen 15 to 20 minutes before going outside. Reapply sunscreen every 2 hours. You should also reapply sunscreen after sweating or leaving the water.

Use about a golf ball size amount of sunscreen on skin that is not covered. Follow package directions.

## Where Should You Apply Sunscreen?

Use sunscreen on skin that is not covered by clothing or a hat. This includes your hands, feet, arms, legs, face, neck, ears and scalp.

Use lip balm that has a sun protection factor (SPF) of 30 or higher.

## What Type of Sunscreen Should You Use?

There are many different types of sunscreen. Use sunscreen with a SPF of 30 or higher because it protects against 97 percent of UV rays. Look for sunscreen labeled as broad spectrum or full spectrum because it protects against both types of UV rays.

For children, look for a sunscreen with the active ingredients titanium dioxide or zinc oxide. This is called a physical sunscreen. Sunscreen made for children may be better for children with sensitive skin.

## How Do You Store Sunscreen?

Keep sunscreen at room temperature. You may use a cooler or insulated container with ice to keep the sunscreen cool.

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## When Should You Throw Away Sunscreen?

Sunscreen can be used for up to 3 years.

Throw away sunscreen that is past the expiration date on the bottle.

If the bottle does not have an expiration date, write the date you bought it on the bottle.

## What Else Can You Do to Protect Yourself?

- Wear a hat, long-sleeved shirt and long pants.
- Wear sunglasses that provide at least 98 percent protection from both UVA and UVB rays.
- Stay in the shade.
- Avoid the sun between 10 a.m. and 2 p.m. when UV rays are the strongest.