**Sun Protection Guide**

The Skin Cancer Foundation recommends DAILY YEAR-ROUND use of a

broad-spectrum (UVA/UVB) sunscreen with an SPF 15 or

higher – however this alone is not enough:

* Seek the shade, especially between 10 AM and 4 PM when the UV rays are the strongest
* For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF (sun protection factor) of 30 or higher
* Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
* For those with sensitive skin, sunscreens with zinc oxide or titanium dioxide (sometimes called physical or mineral blockers) may be better tolerated
* Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses
* Look for UPF (ultraviolet protection factor) on labels for clothing, hats and fabrics. The number indicates what fraction of the sun’s UV rays can penetrate the fabric.  For example, a shirt with a UPF rating of 30 allows only 1/30th of the UV radiation to reach your skin
* Never use tanning beds
* Do not burn or get tanned
* Keep newborns out of the sun – do not use sunscreen on babies under the age of 6 months old
* Buy a product you like - chances are you will not use a product that does not feel good on your skin