

Summer SAFETY TIPS



KNOW THE 5 W'S (& H) OF SUNSCREEN

WHO: Everyone under the sun

WHAT: Broad spectrum SPF 15 or higher; SPF 30 or higher for a day outdoors

WHEN: Every day; 30 minutes prior to going outdoors. Reapply every two hours

WHERE: All exposed skin

HOW: One ounce (shot glass full) to entire body for each application

WHY: Reduce your risk of skin damage and skin cancer!



What does SPF mean?

SPF stands for Sun Protection Factor. The number tells you how long the sun's UVB rays would take to redden your skin if you apply the sunscreen exactly as directed compared with the amount of time without sunscreen. So, if you use an SPF 30 product properly, it would take you 30 times longer to burn than if you used no sunscreen.

Summer SAFETY TIPS



What level of SPF do I need? If you're inside most of the day with just short intervals in the sun, you can use a sunscreen or cosmetic product with an SPF of 15 or higher. If you spend a lot of time outdoors, especially when and where the sun is strongest, you need an SPF 30 or higher, water-resistant sunscreen. [More about SPF.](#)

No matter the SPF, reapplication every two hours is key. Sunscreen must also be reapplied immediately after swimming or sweating.

Broad-spectrum protection

In the past, most sunscreens only included information on product labels about protection against UVB — the rays that cause sunburn, and not UVA — the rays that cause tanning and premature aging. Now that UVA dangers are well known, broad-spectrum sunscreen provides clear information on product labels about protection against both UVB and UVA.

Choosing a sunscreen: What to look for

- ☒ **Broad spectrum:** Protects your skin from both UVA and UVB rays.
- ☒ **SPF 15:** Ideal for every day, occasional exposure, like walking your dog, or driving to work. Look for our **Daily Use Seal of Recommendation**
- ☒ **SPF 30 or higher:** Necessary for extended outdoor activities, including distance running, hiking, swimming and outdoor sports. SPF 30 is a must if you work outdoors. Look for our **Active Seal of Recommendation.**



- ☒ **Water resistant and very water resistant:** For swimming or intense exercise. No sunscreen is waterproof; they all eventually wash off. Sunscreens labeled water resistant are tested to be effective for up to 40 minutes of swimming, while very water resistant sunscreens stay effective for up to 80 minutes in the water.

Summer SAFETY TIPS



REAPPLICATION. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

EXPIRATION DATE. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

COSMETICS. Some makeup and lip balms contain some of the same sun-protective ingredients used in sunscreens. If they do not have SPF 15 or higher, be sure to use other forms of protection as well, such as sunscreen and a wide-brimmed hat.

