



Sunscreen Checklist

As summer approaches, it's important to follow the right measures in order to protect your skin from too much sun exposure and ultraviolet radiation. We have put together a checklist to answer some questions you may have about how to protect your skin.

Who needs sunscreen?

Everyone! Sunscreen can help protect your skin from the sun's harmful ultraviolet rays and help prevent skin cancer.

What sunscreen should I use?

It is recommended that you wear sunscreen that offers an SPF of 30 or higher, has broad-spectrum protection (meaning it protects against UVA and UVB rays), and that your sunscreen be water resistant.

When should I use sunscreen?

Everyday! Even if you don't plan on going outside, it is important that you still apply sunscreen to areas often left uncovered (especially the face) as the sun can still reach you through your windows. Even when it is cloudy out, UV rays are still able to penetrate your skin.

How often should I apply sunscreen?

You should apply sunscreen to cover all skin that is exposed to the sun. It is recommended that most adults need about an ounce of sunscreen to cover their body. When outdoors, sunscreen should be applied every two hours or more frequently if you are swimming or sweating.

What type of sunscreen should I use?

Depending on your skin type and different areas of the body, there are different types of sunscreens you can apply. Creams are typically used for dry skin as well as the face. Gels are great for hairy areas such as the scalp. And finally, sticks can be used around the eyes to help avoid getting too close and irritating your eye.