To protect your skin and find skin cancer early, dermatologists recommend the following:

- Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin. “Broad-spectrum” provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours or as indicated on the label, even on cloudy days, and after swimming or sweating.

- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.

- Seek shade when appropriate - sun’s rays are strongest between 10 a.m. and 2 p.m.

- Use extra caution near water, snow and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.

1 in 5 Americans will be diagnosed with skin cancer in their lifetime

**Who Needs Sunblock**
- According to American Academy of Dermatology more than 2 million people are diagnosed annually with skin cancer
- Many of these skin cancers could have been prevented with protection from the sun’s rays

**What Type of Sunscreen Should You Use**
- Broad-spectrum protection (protects against UVA and UVB rays).
- Sun Protection Factor (SPF) 30 or greater.
- Water resistance

**SPF Protection Levels**

- **SPF 30, 97% of UVB Rays Absorbed**
  - Excellent general-purpose sunscreen for all activities and conditions. Contains fewer sun-blocking agents than higher SPF sunscreens, so skin can breathe and perspire more freely.

- **SPF 45, 98% of UVB Rays Absorbed**
  - A good choice for active use at higher elevations. Includes more sun-blocking agents and may feel heavy. Greasy or warm on skin. Good for children and winter activities.

- **SPF 50, 98% of UVB Rays Absorbed**
  - Good for extended high-elevations exposure, thin-skin body regions (nose, ears) and children. Includes a high quantity of sun-blocking agents; may feel heavy, greasy, or warm on skin and reduce its breath-ability.

**Helpful Links**

- FDA—Sunscreen \prdechome13\13\135\135028\Desktop\Documents\Heat\Sun Screen\Understanding Over-the-Counter Medicines Sunscreen.mht
- American Cancer Society http://www.cancer.org/healthy/besafeinthesun/

For questions contact the Safety Office (858) 627-7174