

## BEST WAYS TO SCREEN THE RAYS!



### HOW TO BUY:

- Purchase a sunSCREEN not a sunBLOCK—The word “sunblock” can no longer be used because it overstates effectiveness
- Choose a sunscreen with broad spectrum coverage. This ensures that a sunscreen has undergone testing to provide protection against both UVB rays (skin-burning, cancer-causing rays) and UVA rays (skin-aging, cancer-causing rays).
- Look for a Sun Protection Factor (SPF) of 15 or higher for everyday use and 30 or higher for extended outdoor activity.
- Keep an eye out for expiration dates! Discard sunscreens that are past their expiration dates, are more than three years old or have been exposed to high temperatures.

### HOW TO APPLY:

- 1 oz. of sunscreen ( about one shot glass full) should be applied to achieve the maximum SPF
- Apply sunscreen 30 minutes before sun exposure to allow the ingredients to fully bind to the skin.
- Sunscreen should be reapplied every 2 hours for optimal protection (1 oz for each application) and immediately after swimming, toweling off, or sweating a great deal.
- Don't rely on “Waterproof” and “sweatproof” sunscreens, a “water resistant” claim must specify how long the sunscreen can stand up to swimming or sweating.

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