Who needs sunscreen? Everybody!

Everyone should use sunscreen regardless of skin color or age. Use sunscreen year round, especially during the warmer months when more parts of your body are exposed to the sun. Read the sunscreen product label carefully and pick those that have:

- At least SPF 15. SPF stands for Sun Protection Factor.
- UVA and UVB Protection sometimes called “broad-spectrum protection.” This protects you from ultraviolet radiation A (UVA) and B (UVB).
- Water resistance for a minimum of 40 minutes (there is no water proof sunscreen)

Additionally, use wide-brimmed hats and sunglasses, stay in shady areas, and cover up and drink lots of water.

Tip of the month:
Read the label to know if the sunscreen is good for children. Make sure your children uses sunscreen with an SPF of 30 or higher to protect their skin.
Important Sunscreen Product Tips:

1. Read the label and the instructions of the product that you buy.
2. Check the expiration date.
3. Before you go outside apply sunscreen evenly and generously on all exposed areas. You should do this about 15 to 30 minutes before you go outside.
4. Reapply sunscreen if you are sweating.
5. Immediately reapply after you finish swimming or are wet.
6. Rub spray sunscreen into the skin evenly after spraying.
7. Keep your sunscreen in a cool place away from the sun and heat.

Call 1-866-783-2645. Be one of the first 25 callers to receive a FREE cap, sun safety tips, and information on skin cancer.