

How to Apply Sunscreen

Wash your hands before and after applying sunscreen.

- Wash and dry your hands well before and after applying sunscreen. Remember to use soap!

Apply sunscreen before going out.

- Applying sunscreen 20-30 minutes before going outside allows time for the active ingredients in the sunscreen to reach the protection level. It takes time for sunscreen to work.

Get all areas of the body that might be exposed to the sun.

- Apply a generous layer of sunscreen. Most people don't use enough sunscreen. One ounce (35 ml) is generally enough to cover all exposed body parts (that's about the same amount as an adult handful).
- Start with one body part, such as your arm, and apply a thick layer of sunscreen all over, rubbing it in thoroughly (or spraying it on) before moving on to another area.
- Cover all exposed body parts. This includes: ears, cheeks, nose, neck, chest, back of the neck, shoulders, arms, legs, behind the knees, and
- Do not go near the eyes or eyebrows as sunscreen can irritate the eyes.



Reapply sunscreen.

- Reapply sunscreen every 2-3 hours even if you haven't been sweating or swimming.
- Reapply the same amount of sunscreen as soon as you are done swimming, toweling or perspiring heavily.

Use a sunscreen even on cloudy, hazy or foggy days.

- Up to 80 percent of the sun's ultraviolet (UV) rays reach the earth on cool, windy, hazy, foggy, or cloudy days, so practice your sun safety techniques even when the sky looks gray.

Other Tips

- Use a sunscreen that provides a broad spectrum UVA and UVB protection with a minimum of SPF 30.
- Use the same system each time you apply sunscreen, that way you will be unlikely to forget an area and make a mistake.
- It's okay to apply more sunscreen than you should.
- For highest UV protection, sunscreen must be used in conjunction with sun protective clothing, wide brimmed hats, sunglasses and SPF lip balm.
- Seek shade and, if possible, avoid outdoor activities during the peak UV hours. (11 a.m. to 4 p.m.).
- When it is necessary to apply insect repellent, apply sunscreen first, wait at least 30 minute between applications of the two products.