

# Apply Sunscreen

Everyone needs to apply sunscreen to help protect themselves from sunburn, and even skin cancer. The American Academy of Dermatology recommends everyone use sunscreen with the following qualities<sup>1</sup>:

- Protection against both ultraviolet A and ultraviolet B rays.
- Sun protection factor (SPF) rating of 30 or higher.
- Water resistant.



The American Academy of Dermatology also recommends applying sunscreen as follows<sup>2</sup>:

- Apply enough sunscreen to generously coat all exposed skin.
- Apply sunscreen to dry skin 15 minutes before going outdoors.
- Reapply sunscreen every two hours and after swimming or sweating.
- Don't forget your lips — apply lip balm or chapstick with an SPF rating of 30 or higher.

1. Sunscreen FAQs. American Academy of Dermatology, 2018. <https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>

2. Ibid