

SUNSCREEN 101

Protect your skin from early aging, sunburn, and skin cancer.

WHAT TO LOOK FOR



SPF 30+

Helps protect against sunburn

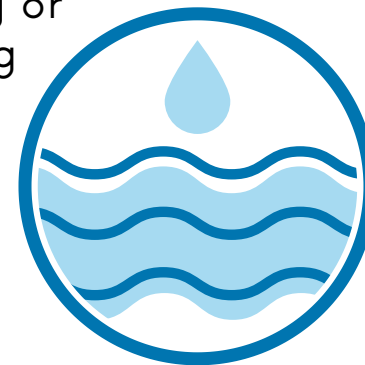


BROAD SPECTRUM

Protects against UVA and UVB rays

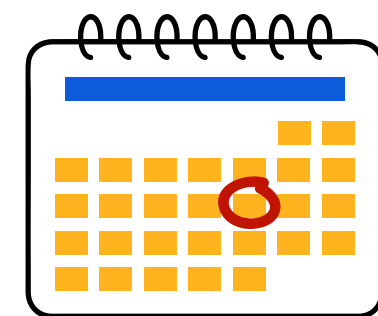
WATER RESISTANT

Better for sweating or swimming

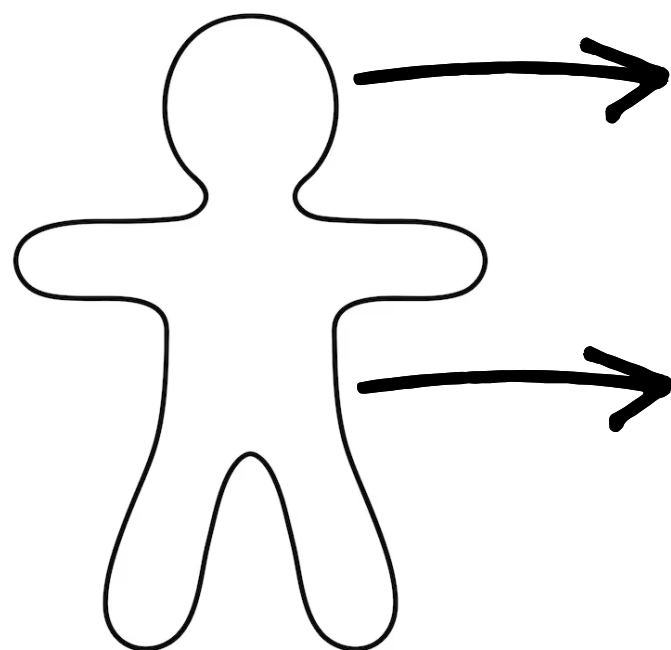


EXPIRATION DATE

Old sunscreen may not work as well



HOW MUCH SHOULD YOU USE?



Face and neck:

Use about 2 finger-lengths of sunscreen

Body:

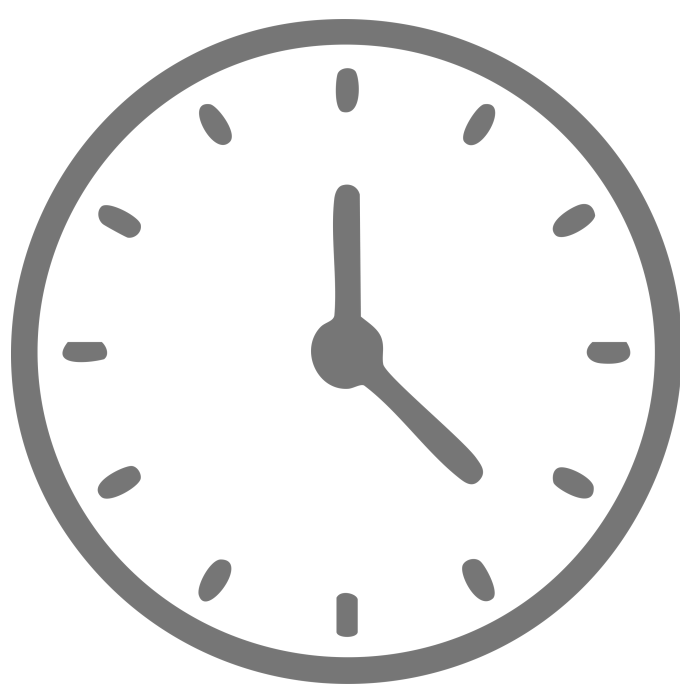
Use enough to fully cover all exposed skin

Don't forget: Ears, neck, hands, feet, scalp/hairline, and lips

EXTRA SUN PROTECTION

- ☒ Wear a hat and sunglasses
- ☒ Seek shade when possible
- ☒ Wear protective clothing
- ☒ Avoid tanning beds
- ☒ Be careful near water, sand, and snow because they reflect sunlight

WHEN SHOULD YOU APPLY SUNSCREEN?



Before going outside

Apply sunscreen about 15 minutes before sun exposure

Every 2 hours

Reapply regularly when outdoors

After swimming or sweating

Reapply sooner, even if the label says water resistant

CALL YOUR DOCTOR IF...

- A mole changes size, shape, or color
- A spot bleeds, itches, or does not heal
- You get frequent or severe sunburns
- You notice a new or unusual skin growth



Med Ed Materials

For more information:
MedEdMaterials.org

Disclaimer: Med Ed Materials, 2026.

This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.



Sources: American Academy of Dermatology (AAD), U.S. Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDC)