

Things to keep in mind when selecting sunscreen



When shopping for sunscreen, look for an option with **broad spectrum**. This means that the sunscreen **protects the skin** from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

Another important thing to keep in mind is the Sun Protection Factor (SPF). You want a sunscreen with **SPF 30 or higher because SPF 30 blocks 97% of UVB rays**.

Lastly, **check the expiration date**. Most sunscreens expire after three years!

When to apply

Apply sunscreen generously and regularly about one ounce every two hours and more often if you are swimming or sweating.

Apply 20 minutes before going out into the sun to give it time to absorb into your skin.

Tips for babies

Sunscreen is safe to use on babies 6 months or older, but it should not have a SPF higher than 50.

Remember to also reduce their sun exposure during peak hours and cover your baby in protective clothing, a wide-brimmed hat, and sunglasses.

Tips for School

Arizona law allows children to bring and apply sunscreen at school or camp without a doctor's note.

It also allows school districts or camps to make their own policies or guidelines regarding teachers or volunteers assisting children with the application of sunscreen.

Learn more by visiting us online: azhealth.gov/sunwise