

# How to Select a SUNSCREEN

Choosing the right sunscreen can help reduce your risk of skin cancer and early skin aging caused by the sun.

## Sunscreen is an important tool

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends choosing a sunscreen that says:

### Broad spectrum

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

### SPF 30 or Higher

How well a sunscreen protects you from sunburn.

### Water resistant or very water resistant

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming or sweating.



One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

Remember, sunscreen alone cannot fully protect you. In addition, seek shade and wear sun-protective clothing, including a wide-brimmed hat and sunglasses, whenever possible.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit [SpotSkinCancer.org](https://www.spotSkinCancer.org).