**PROTECT YOURSELF!**

1. **SPF 15+** Protects against UVB rays up to the age of 6 months. SPF 15 or higher every day.

2. **SPF 30+** Protects against UVB and UVA rays

**6 MONTHS** Keep children out of the sun between the ages of two and six months. Use sunscreen below over the age of six months.

**10 am-2 pm** Sunlight contains its highest levels of harmful rays. It can last for 8-10 hours on a sunny day. In the sun, the sun is 15 times longer than you could without protection.

**UVA** UVA rays are blocked by window glass. UVA rays can prematurely age your skin, causing wrinkles and age spots, and can pass through window glass.

**UVB** UVB rays cause sunburn and are blocked by window glass.

**APPLICATION:**

- One third of Americans don't use sunscreen and those who do only apply half of the recommended amount of sunscreen.

- Apply a 1/2 tablespoon (9g) of sunblock to your entire body 30 minutes before going outside.

- Reapply sunscreen at least every 2 hours, immediately after swimming or sweating, or excessively sweating.

- Reapply even if it's "water-resistant." Even on cloudy days, up to 80% of the sun's harmful UV rays can penetrate your skin.

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you, seek shade.

- If your shadow is longer than you, you are safe.

- Avoid the sun between 10 a.m. and 2 p.m.

**READING THE LABEL:** Do your research! Look for sunscreens that list:

- Broad spectrum capabilities, which means the sunscreen protects against UVB and UVA rays and helps reduce the risk of skin cancer and sunburn.

- Water resistance up to 60 minutes or 80 minutes, which means the sunscreen provides protection while sweating or swimming up to the time listed on the label.

- SPF 30 or higher, which is the recommended level of protection recommended by the American Academy of Dermatology. **50+ SPF**

**Manufacturers of sunscreens and moisturizers use SPF numbers, like Dow SunSpheres® or Dow SunSilk™, which scatter UVA light and improve the UV absorption of the sunscreen film on the skin in combination with organic and inorganic UVA filters.

**WATER RESISTANT (80 MINUTES)**

**SPF 30** Protects against 90% of the sun's UVB rays.

**SPF 30+** Protects against 93% of the sun's UVB rays.

**SPF 30** Protects against 97% of the sun's UVB rays.

**SPF 50** Protects against 98% of the sun's UVB rays.

**Manufacturers of sunscreens and moisturizers use SPF numbers, like Dow SunSpheres® or Dow SunSilk™, which scatter UVA light and improve the UV absorption of the sunscreen film on the skin in combination with organic and inorganic UVA filters.

**SPF 30** Protects against 90% of the sun's UVB rays.

**SPF 30+** Protects against 93% of the sun's UVB rays.

**SPF 30** Protects against 97% of the sun's UVB rays.

**SPF 50** Protects against 98% of the sun's UVB rays.

**Built-in UV absorbers** improve the UV absorption of the sunscreen film on the skin in combination with organic and inorganic UVA filters.