



# Sunscreen Tips



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## SUNSCREEN & INSECT REPELLANT

It is recommended to use these products separately, as sunscreen needs to be applied generously and often, whereas insect repellent should be used sparingly and much less frequently.

## SUNSCREEN'S EXPIRATION DATE

Sunscreens expire after 3 years. If your bottle does not have an expiration date when you buy it, then write the date you bought it on it. Visible signs that a sunscreen is expired are changes in color or consistency. Avoid leaving sunscreen under direct sunlight, or in a hot environment such as in a car, as this will decrease its effectiveness.

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## MAKEUP WITH SUNSCREEN

Some makeup/moisturizers are available with sunscreen in them. While these products are convenient they are not a substitute for sunscreen. Sunscreen needs to be reapplied throughout the day and it is recommended to have an SPF of at least 30. Makeup/moisturizers are usually not reapplied and often have a sunscreen with a lower SPF.



## CLOUDY DAYS AND SUNSCREEN

According to the World Health Organization, up to 80% of UV rays can pass through clouds. Even on cloudy days, it is important to wear sunscreen. The sun can also be harmful even during cold weather.

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## TANNING BEDS

Tanning beds are more dangerous than natural sunlight because they emit higher levels of UV radiation. Tanning salons promote that they give people a protective baseline tan, but there is no such thing as a safe tan. Tanning bed usage has been linked to increased risk for melanoma.

