

# Choosing and Using Sunscreen Safely



**Choose wisely.** There are two types of ultraviolet (UV) rays. Pick a sunscreen labeled broad spectrum—that means it protects against both UVA and UVB rays. Also choose one with a sun protection factor (SPF) of at least 30.



**Time it right.** Apply sunscreen before sun exposure—even on cloudy or cool days.



**Slather it on.** You should use about 1 ounce of sunscreen to cover your body—that's about 2 tablespoons, or enough to fill a shot glass.



**Watch the clock.** Reapply every 2 hours if you aren't swimming, and more often if you are.

