SAY YES TO SUN PROTECTION
SAY NO TO SKIN CANCER

Since exposure to the sun’s harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- SEEKING SHADE
- WEARING PROTECTIVE CLOTHING
- APPLYING SUNSCREEN TO ALL SKIN NOT COVERED BY CLOTHING

THERE ARE TWO TYPES OF SUNSCREENS:

PHYSICAL SUNSCREEN
This sunscreen WORKS LIKE A SHIELD; it sits on the surface of your skin, deflecting the sun’s rays.

- Look for the active ingredients ZINC OXIDE and/or TITANIUM DIOXIDE.
- Opt for this sunscreen if you have SENSITIVE SKIN.

CHEMICAL SUNSCREEN
This sunscreen WORKS AS A SPONGE, absorbing the sun’s rays.

- Look for one or more of the following active ingredients: OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE and OCTINOXATE.
- This formulation tends to be EASIER TO RUB INTO the skin without leaving a white residue.

If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it’s BROAD-SPECTRUM, WATER-RESISTANT and has an SPF 30 OR HIGHER, it can effectively protect you from the sun. Make sure you reapply it every TWO HOURS when outdoors, or after swimming or sweating.

If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at SpotSkinCancer.org.

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