

# Are You Using Sunscreens Correctly?

## Frequently Asked Questions

### How should sunscreens be applied?

- Follow directions and shake the bottle before using.
- Thoroughly rub sunscreen over skin to make sure the coverage is even.
- Make sure all skin is covered (including neck, ears, and lips).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.

### How much should be applied?

- Sunscreen should be applied liberally and evenly to all exposed areas before sun or water exposure.

### When should I apply sunscreen?

- Before doing any outside activities.
- Whenever you're spending time outdoors—and not just in the pool! (for picnics, walks, hiking, riding in a car, etc)

### How often should sunscreen be applied?

- Reapply sunscreen after swimming, perspiring, and toweling off.
- Reapply sunscreen often!

### What Is SPF?

- "SPF" stands for "Sun Protection Factor."
- Indicates how much longer a person wearing sunscreen can stay in the sun before beginning to burn—than they would without using any sunscreen at all.
- SPF numbers generally range from 2 to 50.
- The American Academy of Dermatology and the Sun Safety Alliance (SSA) recommend an SPF of 15 or higher.
- For children, the SSA recommends sunscreen product, with an SPF of 30.

### What strength of sunscreen is best?

- Apply a sunscreen with an SPF of 15 or higher whenever you're outdoors.
- For children, the SSA recommends sunscreen with an SPF of 30 or higher.

For more information on sun safety for you, your family, and your community, please visit: [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)

