

Safe on the Sunny Side

A GUIDE TO SPF AND SUN PROTECTION

KEEP IN MIND THE FOLLOWING FACTS:

2x

Achieving a base tan can double your risk of skin cancer.



Seek shade from 12 to 2 pm when the sun peaks.



Clothing can allow in UV rays, so apply sunscreen before dressing.



Broad spectrum protects against both UVA and UVB rays.



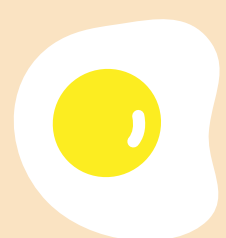
No sunscreen is truly waterproof, so reapply every two hours.



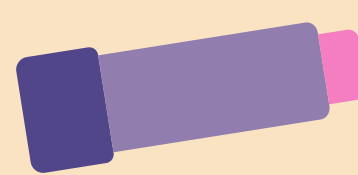
Use enough sunscreen to fill a shot glass, and choose SPF 30 or higher.



Look for “oil-free” and “non-comedogenic” labels to avoid breakouts when applying sunscreen.



You can get vitamin D from other sources besides the sun, such as foods like eggs.



Your lips can get burned too, so use lip balm with SPF 30 or higher.



Cars are equivalent to being outside, so apply sunscreen for long drives.

WHAT ARE THE DIFFERENT TYPES OF SUNSCREEN?

Chemical

Absorbed by skin to prevent UV rays from damaging your DNA

Active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate or octinoxate



Physical

Sits on top of skin to reflect UV rays

Active ingredients: zinc oxide or titanium dioxide



Northwestern Medicine dermatologist-approved.

Sources:

<https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>
<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm239463.htm>
<http://www.skincancer.org/prevention/sun-protection>
<https://www.ewg.org/sunscreen/report/the-trouble-with-sunscreen-chemicals/>