

Sunwise Action Tip

What is Sunscreen?



SPF

Sun
Protection
Factor

CDC

Be SunWise®

Apply Sunscreen often

SUNSCREENS protect your skin by absorbing and/or reflecting UVA & UVB rays. The sun's UV rays can damage your skin in as little as 15 minutes.

IS SUNSCREEN FAIL-SAFE?

Using sunscreen does not mean it is safe to spend more time in the sun, especially when the UV Index is high. Although a sunscreen with an SPF of 15 or higher offers protection from sunburn, it does not block all of the sun's damaging rays.

Put sunscreen on before you go outside, even on slightly cloudy or cool days. Reapply every two hours.

SPF 15 blocks
93% of UV radiation.

SPF 30 blocks
97% of UV radiation.

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