

## Did You Know?

- You can still get sun damage on a cloudy day.
- UV light can go through most home and car windows.
- Anyone can get skin cancer no matter the color of their skin.



## What is SPF?

- Sun Protection Factor (SPF) indicates how well a sunscreen will protect your skin from the sun's harmful UV rays.
- A higher SPF = more protection.
- Choose an SPF of at least 30 with both UVA and UVB protection.

## Protect Yourself

- Use sunscreen.
- Wear protective clothing.
- Seek shade.
- Avoid tanning beds.



The  
**best sunscreen**  
is the one you'll use  
**consistently!**

## Mineral Sunscreen

Contains minerals that form a protective layer that sits on top of your skin.

### Active Ingredients

Zinc oxide, Titanium dioxide

### Pros

- Provides broad spectrum protection against multiple UV types.
- Less likely to irritate the skin.

### Cons

- Can leave a white cast on the skin.

## Chemical Sunscreen

Contains chemicals that absorb into the skin, scattering the sun's UV rays.

### Active Ingredients

Avobenzone, Oxybenzone, Octinoxate, Octocrylene, Homosalate, Octisalate, Octinoxate

### Pros

- Thin consistency.
- Easier to apply.

### Cons

- Can cause skin irritation or allergic reactions.

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