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[www.SpotSkinCancer.org](http://www.SpotSkinCancer.org)

## FAQ's About Sun Safety



### Is a suntan healthy?

**No!** There is no such thing as a healthy suntan. Any change in your natural skin color is a sign of potential skin damage.

### Are self-tanning lotions safe?

**Yes.** Self-tanning lotions are safe, however most do not contain sunscreen and thus, do not protect against sunburn or other harmful effects of the sun. Make sure to wear sunscreen as well.

### Does applying sunscreen mean I can stay outside longer?

**No!** Although a sunscreen with an SPF of 30 offers protection from sunburn, it does not block all of the sun's damaging rays. To fully protect yourself, remember to seek shade, avoid peak hours of sun exposure and wear a long-sleeved shirt, pants and sunglasses in addition to applying sunscreen.

### Do I have to reapply water resistant sunscreen once I put it on?

**Yes.** Water resistant sunscreens still have to be reapplied regularly, as heavy perspiration, water, and towel drying remove the sunscreen's protective layer.

### Is indoor tanning safe?

**No!** The dangers of indoor-tanning are well documented. In fact, research has shown that those who visit the tanning booth can increase their risk for skin cancer.

UV Index Number	Exposure Level	Precautions
0-2	Low	Wear sunscreen and sunglasses
3 to 5	Moderate	Wear sunscreen, sunglasses, cover up, seek shade near midday hours.
6 to 7	High	Wear sunscreen and protective eyewear and clothing. Reduce time in sun between 10 a.m. - 2 p.m.
8 to 10	Very High	Wear sunscreen and protective eyewear and clothing. Take extra precautions. Unprotected skin will be damaged and can burn quickly. Reduce time in sun between 10 a.m. - 2 p.m.
11+	Extreme	Extreme high risk of harm. Take all precautions. Unprotected skin can burn in minutes. If possible stay inside.



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# HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

## SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will be diagnosed with skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

SPF 30 OR HIGHER

BROAD SPECTRUM

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

WATER RESISTANT

For up to 40 or 80 minutes. Sunscreen can no longer claim to be waterproof or sweatproof.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



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