

Sun Safety Tips

- Use sunscreen with an SPF of 30 or more that protects you from both UVA and UVB rays when outdoors. Apply two generous coats (like paint) to all exposed skin before going outdoors. Re-apply sunscreen every two hours especially after swimming or sweating.
- When possible, wear clothing such as long-sleeved shirts, pants, a wide-brimmed hat and sunglasses to protect your skin while outdoors. A white t-shirt doesn't protect you as well as darker colors and tightly woven clothes.
- The sun's rays are strongest between 10:00 a.m. and 2:00 p.m. Umbrellas offer shade but the sun's harmful rays can still bounce off of water, sand and decks. Seek shade when possible.
- Be extra careful near water, snow and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Avoid tanning beds at all times. UV light from the sun and the tanning beds causes skin cancer and wrinkling. If you want to get that sun-tanned look, consider using a self-tanning lotion which doesn't expose you to UV light.
- Every year on your birthday take a good look at your birthday suit. If you notice anything on your skin that is changing, growing, or bleeding, see a dermatologist. Skin cancer is very treatable when caught early.

**There are a wide variety of effective sunscreens available over the counter and online.
Below are a few that some of our patients prefer.**

- **Anthelios:** www.anthelios.com, and some CVS stores www.cvs.com
- **Eucerin :** www.eucerin.com, CVS, Eckerd, K-Mart, Rite Aid, Target, Ulta and Wal-Mart
- **Cotz:** www.drugstore.com, www.amazon.com, and CVS
- **PreSun Ultra:** www.drugstore.com and www.amazon.com
- **Blue Lizard:** www.bluelizard.net, CVS, Rite Aid and Eckerd
- **Ombrelle:** www.ombrelle.com
- **Neutrogena:** www.neutrogena.com, CVS and Ulta
- **Aveeno:** www.aveeno.com and Ulta

For children:

- **Blue Lizard Baby Formulation** (see above for locations)
- **Coppertone Water Babies:** www.coppertone.com and Walgreens