



Women's
Dermatologic
Society

Are YOU playing sun safe?

Fact OR Fiction?

Sun safety edition

Q: My sunscreen has SPF 8, so that's just as good as using a sunscreen with a higher SPF, right?

Fiction: It is recommended to use sunscreen with SPF of 30 or higher, applied at least 30 minutes before going out into the sun.

Q: I don't need to wear sunscreen when it is cloudy.

Fiction: UV rays can cause damage to your skin through the clouds. Certain types of clouds can even cause the UV rays to be magnified and have a stronger effect on your skin.

Q: I should apply sunscreen every two hours.

Fact: Re-apply sunscreen every two hours, even if it is cool or cloudy out. If you are going swimming, re-apply as soon as you get out of the water.

Q: I should protect my eyes and lips from the sun too.

Fact: UV rays can cause damage anywhere on your body. Be sure to use UV-protective sunglasses and sun protective lip balm (SPF 30+).

Q: I don't have to wear sunscreen in the winter.

Fiction: You can get sun damage during any time of the year. The temperature does not impact the ability of the UV rays to cause skin damage. UV rays can reflect off of snow, so take extra precautions if you are participating in outdoor winter sports.

Helpful tips

- Be sure to apply sunscreen **ALL** over your body! This includes your neck, nose, ears, and back of your hands
- Use enough sunscreen to apply a generous layer to your entire body-this should be about the size of a **ping pong**
- Seek shade whenever possible, and wear sun protective clothing such as a hat

Choose the right sunscreen for **you**. There are two types:

- **Physical sunscreen:** acts like a **SHIELD**
 - Contains Zinc Oxide and/or Titanium Oxide
 - Good for those with sensitive skin
- **Chemical sunscreen:** acts like a **SPONGE**
 - Contains oxybenzone, avobenzone, octisalate, octocrylene, homosalate, octinoxate
 - Easier to rub in, less likely to leave a residue