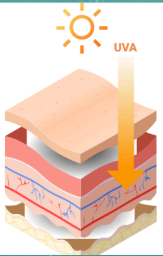


Your Ultimate Sunscreen *Cheat Sheet*



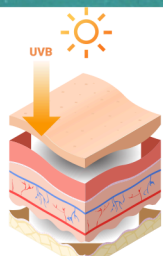
Ultraviolet A rays (UVA)

- The chief cause of skin aging
- Can cause cancer



Sun protection factor (SPF)

- The measure of a sunscreen's ability to prevent UVB rays from damaging the skin



Ultraviolet B rays (UVB)

- The main cause of sunburn
- Can cause cancer



Broad-spectrum sunscreen

- Protection against UVA and UVB rays



What SPF sunscreen number is best?

SPF 30 keeps out 97 percent of incoming rays and SPF 50 keeps out 98 percent. No sunscreen can block all UV rays. SPF levels above 50 offer only minimal additional protection.

How much sunscreen should I use?

The average adult needs to apply 1 ounce—about a 1-inch meatball—30 minutes before sun exposure. Sunscreens lose effectiveness over time, so it's important to reapply every two hours, even on cloudy days. Don't forget your lips, ears, neck, the top of your head, and the tops of your feet.

Visit [BeWellSHBP.com/SunHealth](https://www.BeWellSHBP.com/SunHealth) for more sun safety tips, healthy summer recipes and much more! Questions? Call [888.616.6411](tel:888.616.6411).