



AUBURN PHARMACY

Be Safe In The Sun

Think about sun safety every day, not just when you are at the pool or the beach!
Regular use of sunscreen can help protect you from early skin aging and skin cancer.

Tips on choosing the sunscreen that is right for you:



- Choose one with a sun protection factor (SPF) of 15 or higher.
- Choose one that is "broad spectrum." These protect against UVA and UVB rays.
- Choose a "water resistant" sunscreen. These will stay on your skin longer if you are wet or sweating.
- Check the bottle for how often to reapply.
- Avoid sunscreen-bug repellent combination products (the sunscreen may increase the absorption of deet through the skin).

Tips for using sunscreen:

- Apply plenty of sunscreen, about a handful to cover your body, 15 to 30 minutes before going out in the sun.
- Use sunscreen on all skin not covered by clothes. Don't forget your nose, ears, neck, hands, tops of your feet, and top of your head (if you don't have much hair).
- Apply more sunscreen at least every 2 hours, even if it is water resistant. Apply more often if you are swimming or sweating.

Protecting kids from the sun:

- If your child is less than 6 months old it is best to keep them out of the sun or in the shade!
- Check with your baby's prescriber before using a sunscreen.
- For older children follow the directions on the sunscreen bottle.

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"Caring for the health of you and your community"

