



# SUNSCREEN FACTS

## What is sunscreen?

Sunscreen filters out the sun's dangerous UV (ultraviolet) rays. These invisible rays can cause skin cancer. Some skin cancers can cause death if not found and treated early.

## Who should wear it?

- People of all skin colors can get skin cancer from the sun's UV rays. Also, people who spend a lot of time outdoors.
- Those who are most likely to get skin cancer from these rays have:
  - Lighter natural skin color
  - Skin that burns, freckles, gets red easily
  - Blond or red hair
  - Blue or green eyes
  - A family member who has had skin cancer

## When do I need to apply it?

- The sun's UV rays can damage your skin in as little as **15 minutes!**
- Put sunscreen on *before* you go outside- even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.
- Sunscreen wears off! Reapply if you stay out in the sun for more than 2 hours & after you swim or do things that make you sweat.

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INFORMATION,  
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