

## Sunscreen

No sunscreen, no matter how high the factor, can offer 100% protection. Sunscreen should never be used in order to spend longer in the sun, but to increase your level of protection. Factor 15 represents the best balance between protection and price. You will get over 90 % protection from UVB rays with SPF 15.

### Tips for using sunscreen properly

- Try to apply it 15-30 minutes before going out in the sun
- Apply to clean, dry skin and rub in only lightly
- Use generous amounts
- Re-apply once outside to ensure even coverage
- Then re-apply every 2 hours or more frequently if washed, rubbed or sweated off
- Never use it to spend longer in the sun - this will put you at risk of sun damage that could lead to skin cancer
- Do not store sunscreens in very hot places, as extreme heat can ruin their protective chemicals.

For more information visit [www.sunsmart.org.uk](http://www.sunsmart.org.uk)