



SUN PROTECTION GUIDELINES for high-risk people

Help prevent skin cancer and “aging” of the skin!

1. Use a lightweight moisturizer with SPF every morning, every season, on all exposed surfaces, regardless of what you anticipate your exposure will be. Choose a product with an SPF of at least 15.
2. For intense exposure (e.g. a day at the beach/pool, golf, tennis, tropical vacation)
 - a. Apply a broad-spectrum sunscreen or sunblock liberally before dressing. It should take about an ounce of lotion to cover an average-sized adult.
 - b. Use sunblock on any children over the age of 6 months, and if absolutely necessary, even on younger children.
 - c. Apply the product at least 20 minutes before exposure.
 - d. Choose a product with a high SPF and one that is broad-spectrum and water-resistant. Look for products that have titanium dioxide and/or zinc oxide as the only active ingredient(s). These may feel sticky when you first apply them, but the trade-off is they will “stay put” longer.
 - e. Reapply regularly according to the manufacturer’s instructions—especially if you are using a product that is not water-resistant.
3. Remember these “ABC’s”:
 AVOID midday sun (10 AM to 4 PM)
 BLOCK the sun with sunblocks
 COVER UP with protective clothing, sunglasses, and shady shelters