How to select and use sunscreen.

The right sunscreen can help reduce the risk of premature aging of the skin and skin cancer.

Choose a sunscreen that is labelled as:
- **broad spectrum** protects you from UVA and UVB rays
- **SPF of 30 or higher** how well the sunscreen protects you
- **water-resistant** sunscreens are not waterproof or sweat proof

Apply sunscreen:
- 20 minutes before applying insect repellent or going outside
- use
  - 1 teaspoon
  - 2 to 3 tablespoons
- reapply often, especially if you’re sweating or in water

Use sunscreen when:
- the UV Index is 3 or higher (usually from April to September)
- around reflective surfaces such as water, sand, or snow.

Sunscreen is not recommended for babies under 6 months of age

Your best line of defence