

Protect from the Sun During Summer Fun!

Sunscreen

Use sunscreen frequently and liberally. Apply sunscreen 30 minutes before going outdoors and reapply about every two hours.

Does sunscreen expire?

Sunscreens are designed to remain at original strength for up to three years. This means that you can use leftover sunscreen from one year to the next.

Some sunscreens include an expiration date — a date indicating when they're no longer effective. Discard sunscreen that is past its expiration date. If you buy sunscreen that doesn't have an expiration date, write the date of purchase on the bottle. Also, discard sunscreen that is more than 3 years old, has been exposed to high temperatures or has obvious changes in color or consistency.

How much should I apply?

Generally, a liberal application is 1 ounce (30 milliliters) — the amount in a shot glass — to cover all exposed parts of the body.

New FDA labeling rules (For more info: <http://www.fda.gov/forconsumers/consumerupdates/ucm258416.htm>)

"Broad spectrum" labeling for those proven to protect against both ultraviolet A and B radiation (UVA and UVB).

No more waterproof, sweatproof, sunblock, or immediate protection claims. "Water resistance" is labeled for 40 or 80 minutes of protection while swimming or sweating.

Products with an SPF under 15 carry a warning that they protect against sunburn but not skin cancer or early skin aging.

The FDA has proposed a maximum sun protection factor value of "SPF 50+" on sunscreen labels, but this regulation hasn't been finalized.

The U.S. will likely follow Europe in not allowing labels to indicate an SPF above 50, since there's little added protection from anything above SPF 30, which blocks out 97% of UV rays.

What are other things I can do?

Avoid extended sun exposure between 10 a.m. and 4 p.m. The sun's rays are much stronger during these hours.

Cover up. Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat. Clothing specifically designed to protect from UV exposure is also available.

Choose the right sunglasses. Choose lenses that provide broad-spectrum protection from both UVA and UVB light. Look for a label indicating the lenses block 99 to 100 percent of UVB and UVA rays, meet ANSI (American National Standards Institute) requirements, and provide UV 400 protection. If glare is a concern, polarized lenses filter out sunlight reflected off flat surfaces such as water or pavement, making them a good choice if you'll be wearing them boating or while driving an automobile.