

Sunscreen Health Tips

“Using sunscreen is vital to the prevention of skin damage and skin cancers. Build a habit of wearing sunscreen by choosing one that will be easy for you to use every day.” - Dr. Chuang



■ Sunscreen is Not Just for Sunny Days

SPF 30+ sunscreen should be worn every day, even if the sun is not shining. Clouds only block 20-30% of UV rays.

■ What Does SPF Mean?

Sun Protection Factor is an estimate of how well the sunscreen will protect your skin from burning. The higher the number the better.

■ Protective Clothing

Use proper clothing, umbrellas and shade to keep out of direct sunlight. Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.

■ If You Love Outdoor Activities

Use a water-resistant broad spectrum UVA/UVB sunscreen with SPF of 30+. Reapply every two hours or immediately after being in the water.

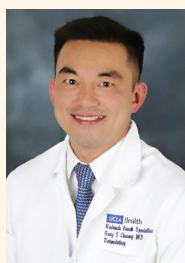
■ The 10-2 Rule

Even when you follow precautions, it is best to limit time in the sun between the hours of 10 am and 2 pm.

■ Avoid Tanning Beds

■ Visit a Doctor

If you see any sudden or unusual skin change be sure to visit your dermatologist.



Dr. Chuang is a board-certified dermatologist and a fellowship-trained Mohs surgeon

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