

# Using sunscreen can help save your skin from harmful rays



## It's the ultimate screen saver

With all the sunscreen products available, it can be mind boggling to understand which one to choose. Consider these answers to your burning questions about sunscreen:

**Q:** Does the kind of sunscreen I use matter?

**A:** Whether lotion, gel or spray form, be sure to use one that blocks both UVA and UVB rays and offers at least Sun Protection Factor (SPF) 15.

**Q:** What does a sunscreen's SPF rating mean?

**A:** The SPF number indicates the product's effectiveness in offering protection from UV rays. Use higher SPF for more protection.

**Q:** Do sunscreens need to be reapplied during the course of a day?

**A:** Always follow the manufacturer's directions regarding reapplication, and still reapply frequently during peak sun hours or after swimming or sweating. For maximum effectiveness, apply sunscreen generously 20 to 30 minutes before going outside.

When used with other protective measures, sunscreen can shield your skin from sun-related damage and the dangers of skin cancer. It's a real lifesaver you'll want to keep on hand, and on your body.



**BlueCross BlueShield  
of Texas**



**TRS-ActiveCare**  
TEACHER RETIREMENT SYSTEM OF TEXAS

Source: American Cancer Society

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