

# Sun Protection



Selection and proper use  
of sunscreens

## Sun Protection

Protection from ultraviolet (UV) radiation is important all year round and not just on sunny days or when you are at the beach. UV protection cuts down the risk of harm done to your skin and in developing skin cancer.

There are 2 types of harmful UV rays – UVA and UVB

- » Ultraviolet A (UVA) enters the deepest layer of the skin and may cause skin wrinkling and skin aging that happens at a younger age than usual
- » Ultraviolet B (UVB) reaches the top layer of the skin and may cause the skin to appear red or sunburnt and can also cause skin cancer

Sunscreens protect your skin from the UVA and UVB rays. They should be applied half an hour before going outdoors and should be applied again at least every 2 hours and after swimming, drying off or after sweating heavily.

### What does SPF stand for?

Many sunscreen products will indicate SPF with a number. SPF, which means Sun Protection Factor, measures how well a sunscreen will protect you from UVB rays.

### SPF: How high should you go?

Some people may think that a SPF30 sunscreen is two times better than a SPF15 sunscreen. However, this is not true. In fact, a SPF15 sunscreen blocks about 94% of UVB rays and a SPF30 sunscreen blocks about 97% of UVB rays.

Another way to understand SPF is to know how long your skin takes to start turning red without sunblock. If it normally takes about 10 minutes to start turning red, a SPF15 sunscreen would prevent it from becoming red 15 times longer, which is about two and a half hours.

Types of sunscreens*	Ingredients	How do they work?
Physical sunscreens	» Titanium dioxide » Zinc oxide	Block or deflect UV rays from the sun
Chemical sunscreens	» Avobenzone » Benzophenone » Dioxybenzone » Oxybenzone » Sulisobenzonone	Absorb the UV rays from the sun

\* Some sunscreens also contain alcohol, fragrances or preservatives and should be avoided if you have skin allergies.

Scan the QR code to find out more about

- Sun Protection Factor (SPF)
- Uses of sunscreen

