

## Sunscreen: Top 10 Tips to Get you Covered

Sunscreen can help reduce your risk of sunburn and skin cancer. But using it can be tricky – and sticky – unless you know what you’re doing. Here are some tips on protecting yourself.

#1 – Find a sunscreen that smells good and feels good to you. If you don’t like it, you won’t use it. There are hundreds of sunscreens to choose from.

#2 – Choose a sunscreen that fits your wallet. Sunscreen doesn’t have to be expensive to work.

#3 – To keep things simple, choose an SPF of 30 or 50 to be sure you’re getting enough protection. SPF 15 may be too little and SPF 100 can be over the top.

#4 – Choose between chemical and mineral sunscreens. Chemical sunscreens absorb UV and mineral sunscreens reflect it away. Both are safe for humans but mineral sunscreens may be better for the oceans.

#5 – Choose water-resistant sunscreen if you sweat or get wet on the job. It will hold up better, but it still needs to be reapplied to work at its best.

#6 – Apply a really thick coat of sunscreen in the morning before you leave for work. Brush your teeth, use deodorant, put on sunscreen. Repeat every day.

#7 -- Reapply sunscreen at least once at midday to ensure good coverage. On hot days, keep it in your lunch cooler.

#8 – Don’t put sunscreen on your lips – that’s just nasty! Use lip balm with SPF 15 or more instead.

#9 – Since sunscreen is meant to be reapplied, and Deet is not, avoid products that combine sunscreen and insect repellent.

#10 – Sunscreen expires in 3 years – so if you find an old dusty bottle in your tool box, throw it out and get a new one.

There you have it! These sunscreen basics should have you covered.

Now... go SPF yourself!

