

# WAYS TO BEAT THE RAYS

*According to The Skin Cancer Foundation, UV rays damage the DNA in skin cells, which can lead to skin cancer or premature aging. To protect yourself, there are a few things you can do:*



**Limit outdoor time, or avoid it altogether, especially if the UV index is 8 or higher**



**Wear clothing and hats that cover as much skin as possible to block the rays**



**Wear sunscreen!**  
**(this is the most popular option since it's no fun to skip those outdoor summer festivities and it's certainly uncomfortable to dress in long sleeves & pants when it's hot and humid outside)**

**UV Index 8-10  
= high risk of  
harm from  
unprotected  
sun exposure**

**UV Index 11+ =  
very high risk  
of harm from  
unprotected  
sun exposure**

# SUNSCREEN WHAT TO LOOK FOR



## Broad Spectrum

1

Effectively protects against both UVA & UVB rays

## At least 30 SPF

2

If your skin would typically redden after 5 minutes without sunscreen, then wearing SPF30 would allow you to stay in the sun 30x longer (2.5 hours in this example) without getting burnt

## Water Resistant: 40 or 80 Rating

3

"80 Minutes" specifically means that sunscreen remains effective for roughly 80 minutes of sweating or swimming

## Bonus

4

Skin Cancer Foundation Seal of Recommendation

## Active Ingredients: 10-30%

5

10-30% of total ingredients should be active - either chemical or physical sun protection.  
Chemical: protects by absorbing rays.  
Examples: avobenzone, benzophenone  
Physical: protects by sitting on top of the skin and deflecting rays. Examples: zinc oxide, titanium dioxide