Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

**SUNSCREEN IS AN IMPORTANT TOOL** in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5 Americans will develop skin cancer in their lifetime.

The American Academy of Dermatology recommends consumers choose a sunscreen that states on the label:

- **BROAD SPECTRUM**
  Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

- **SPF 30 OR HIGHER**
  How well a sunscreen protects you from sunburn.

- **WATER RESISTANT OR VERY WATER RESISTANT**
  For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied.

**ONE OUNCE OF SUNSCREEN**, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

To learn more visit [SpotSkinCancer.org](http://SpotSkinCancer.org)