

1 Minute



4 Safety

# Who Needs to Use Sunscreen? Everyone!!!

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- Regardless of skin type, a broad- spectrum sunscreen of at least **SPF15** should be used year –round.
- Use every day for sun exposures > 20 minutes.
- Re-apply every 2 hours or after swimming or perspiring heavily.
- Use on a regular basis allows some repair of damaged skin.

**Skin Knowledge and Information Network**

[www.aad.org/public/index.html](http://www.aad.org/public/index.html)



For more information, contact Health Services X6266