

# Sun Protection

Kaiser Permanente  
Santa Clara Medical Center  
Department of Dermatology

1. Avoid outdoor activities during peak hours 10am – 4pm.
2. If outside, try to take breaks from the sun by sitting under some shade with an umbrella.
3. Wear sun protective clothing: wide-brimmed hat, long sleeve clothing. ([www.sunprecautions.com](http://www.sunprecautions.com).)
4. Apply sun block every morning. Reapply throughout the day if you sweat or swim.
5. The only safe tan comes out of a tube. Use make-up, self-tanning creams, or bronzers to get the tanned look.

## Notes about sun block:

- a. Sunblock should provide both UVA and UVB protection with SPF of 15 or greater.
- b. Physical blocking agents provide broad spectrum of coverage. They include titanium dioxide and micronized zinc oxide.
- c. Your doctor might advise you to patch test the sunscreen on a small area on your face, prior to applying it to larger area.
- d. All sunscreens are available over the counter without a prescription.

Solbar Zinc Lotion SPF 38

Solbar Cream SPF30

Solbar PF liquid Sunscreen (SPF30) (if you prefer gel form)

Coppertone Shade Lotion SPF 45

Coppertone Spectra-3 Lotion SPF 30

PreSun 30 or 45

Ti Screen Natural

Banana Boat Kids (for children, no scent)

Neutrogena Sensitive Skin SPF 30

Neutrogena Healthy Defense Daily Moisturizer SPF 30, Tint (a good foundation as well as sun block)

Clinique Cityblock (a good foundation as well as sun block)

Olay Complete Defense SPF30 for sensitive skin (good for sensitive skin)