



Sun Protection

1. Avoid outdoor activities during peak hours 10am – 4pm.
2. If outside, try to take breaks from the sun by sitting under the shade or an umbrella.
3. Wear sun protective clothing: wide-brimmed hat, long sleeve clothing. (www.sunprecautions.com, www.coolibar.com)
4. Apply sun block every morning. Reapply throughout the day especially 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. UVA protection is provided by sunscreen ingredients like Avobenzone or Mexoryl.
- b. Physical blocking agents provide broad spectrum of coverage. They include titanium dioxide and micronized zinc oxide. Good for sensitive skin types.
- 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. Photostabilizers (eg: Neutrogena Helioplex, Aveeno Continuous Protection) may help sunscreens last longer in the sun.
- e. All sunscreens are available over the counter without a prescription.

Aveeno Continuous Protection SPF 30, 55

Neutrogena Ultra Sheer Dry-Touch Sunblock SPF 55, 70

Neutrogena Healthy Defense Daily Moisturizer SPF 30, +/- Tint

Neutrogena Sensitive Skin SPF 30

Neutrogena Ultra Sheer or Fresh Cooling Body Mist SPF 30, 45, 70

Clinique Cityblock (tinted, use as a good foundation as well as sun block) SPF 25, 40

Olay Complete Defense SPF 30 for sensitive skin (good for sensitive skin)

Solbar Zinc Lotion SPF 38

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

Coppertone Shade Lotion SPF 45

Coppertone Spectra-3 Lotion SPF 30

Coppertone Sport, Ultraguard or Waterbabies Continuous Sprays

PreSun 30 or 45

Ti Screen Natural

Banana Boat Kids (for children, no scent)