

# Sunscreen explained



**SPF (Sun Protection Factor)** is a measure of a sunscreen's ability to prevent sunburn from UVB rays. There is no SPF that can completely block all UVB rays. However, the higher the SPF, the higher protection. Apply SPF 30+ for adults and 50+ for children.

**UVA rating** measures the level of protection the sunscreen provides against UVA rays. A sunscreen that contains the EU recommended minimum level of UVA protection is labelled with a UVA logo.



Choose broad-spectrum sunscreens (offering protection against UVA and UVB).