

Facts about Sunscreen



Choose a broad-spectrum (provides UVA and UVB protection) water-resistant sunscreen:



SPF 30 plus for adults
SPF 50 plus for children
SPF protects against UVB



Reapply every 2 hours,
or more often after
swimming, towel drying
or sweating



Star rating of 4 or more
to protect against UVA
or has a UVA logo on
the bottle



The higher the price of
sunscreen does not mean
a better product or better
protection



Apply 20 minutes
before going into
the sun



No sunscreen offers 100%
protection from UV radiation;
it should be used as the last
line of defence after clothing,
a wide-brimmed hat,
sunglasses and shade.



Apply generously
and use more than
you think you need



Check the sunscreen's
expiry date and store in
a cool dry place



For more information on being SunSmart visit www.hse.ie/sunsmart