

Sunscreens and Your Health

- The sun's rays harm your skin, which can lead to skin cancers, early aging, and sunburns
- To stay safe in the sun:
 - Seek shade, especially between 10AM- 4PM
 - Wear long sleeves and pants, a hat and sunglasses
 - Wear sunscreen
- Read the label to choose a safer sunscreen. Look for:



1 in 5 Americans will be diagnosed with skin cancer in their lifetime. **Everyone** should wear sunscreen, **regardless of their skin tone.**



Types of Sunscreens:

Any sunscreen is better than none! It is important to apply sunscreen when spending time outside.

There are two types of sunscreen:

Mineral-Based

- ☀️ **Reflects** the sun's rays from the skin
- ☀️ Active ingredients (**Zinc Oxide &/or Titanium Dioxide**) are considered safe by the FDA
- ☀️ **Pros:** good for sensitive skin and immediate protection.
- ☀️ **Cons:** some products may leave a white residue.

Chemical-Based

- ☀️ **Absorbs** the sun's rays to protect the skin
- ☀️ Chemical compounds in sunscreens, such as **Avobenzone, Oxybenzone, Homosalate, & Octinoxate** have unknown health effects
- ☀️ **Pros:** easy application and transparent on skin
- ☀️ **Cons:** absorbs into skin and may cause allergic reaction and other health effects

Scan to learn more!



Want to learn more about sun safety and chemical and mineral sunscreens? Scan the QR code to head to the UR Environmental Health Sciences: Community Engagement Core website to find more!