

How to Choose Sunscreen

Wearing sunscreen is a vital way to help reduce the risk of skin cancer and sun damage.



Broad Spectrum

- Protection from ultraviolet rays
- UVA = Aging ray
- UVB = Burning ray

Sun Protection Factor (SPF)

- Use SPF 30 or higher

Water Resistant

- 40 or 80 minutes
- Reapply to maintain SPF level

Protect Yourself From Harmful UV Rays



Idaho ranks near the top in the U.S. for melanoma—the deadliest type of skin cancer!