

HOW TO USE SUNSCREEN

I love the sun and I am super protected from the sun because of all my fur. You, on the other hand, need to be a little more careful. That's why sunscreen was invented.

Well, let's look a little at sunscreen and what it's all about, so we can make sure we have the protection that we need.

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EARN THIS NUGGET

With these factors taken into consideration, go shopping for a sunscreen that is right for you. Then test it out, first for reactions, and then for effectiveness. And then enjoy the summer safely.

LEVEL G

PERIOD 5

TASK 3

1. Sunscreen is rated by SPF or Sun Protection Factor. So what that really means is that if you would usually get burned by the sun in ten minutes, when wearing a 30 SPF it will take thirty times longer. Now, this is somewhat theoretical, so understand that your skin may react to the sun differently than someone else's. This is not an exact science.
2. The American Academy of Dermatology recommends an SPF of 30 or higher.
3. You'll want to purchase a "broad-spectrum" sunscreen, because the SPF number only really relates to preventing sunburn. There are also other harmful elements that you are exposed to outside, even when it is overcast. Specifically, UVA (ultra violet - A) rays, which can cause skin damage, premature aging of the skin, and dark spots, which can also lead to skin cancer.
4. If you are going to be swimming, that sunscreen can wash right off. So consider a water-resistant sunscreen, if water play is on the cards. Even this will not be fully waterproof and you'll need to re-apply every 45 minutes or so, or as directed on the packaging.
5. Application of the sunscreen is also a very important factor. You'll need to apply as directed. It stands to reason that if you skimp on the application, it won't give you the advertised protection.
6. Reactions to sunscreen are possible. So before you cover your body with it, you would be well advised to apply a small amount to a small area of your body and make sure there is no negative reaction.
7. Finally, sunscreen does have an expiration date on it, believe it or not. So you'll want to check that too, if you want to be sure you get the protection you need.

