

health hints

Save Your Skin

(NAPSA)—Using sunscreen to protect your family from harmful sun exposure is important, but not all sunscreens deliver equal protection. Here are a few tips for buying sunscreen without overspending:

- **Pick a broad-spectrum sunscreen** that protects against UVA and UVB rays and has a sun protection factor (SPF) of at least 15. For children, make sure the SPF is at least 30.



Sun protection is vital for people of all ages. Select a sunscreen with the proper level of protection and quality ingredients.

- **Be aware** that more expensive does not always mean better. Costly national brands are not necessarily more effective than a store-brand product. In fact, a recent study by the Environmental Working Group found that of more than 1,000 brand-name sunscreen products, CVS/pharmacy brand sunscreens ranked in the top three for quality and protection.

- **Read product labels.** Look for a waterproof brand, such as CVS/pharmacy Continuous Spray Sunblock, if you'll be swimming or perspiring.

- **Replace sunscreen every year** to maximize effectiveness.

- **Reapply sunscreen** during hours of highest sun intensity—between 10 a.m. and 2 p.m.

- **Wear sunscreen every day** regardless of season or weather.

Make sure you play it safe before you have fun in the sun.