



Thrive

Florida State University

May/June 2015



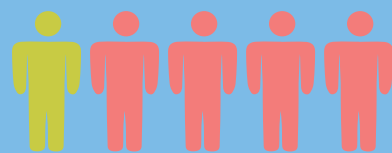
Wellness Information for Students, by Students

Selecting the Right

SUNSCREEN

SUNSCREEN IS IMPORTANT

Daily use will help protect against skin cancers, including the deadliest form - melanoma. Also incorporate wearing sleeved clothing, sunglasses, and hats to protect yourself.



1 in 5 Americans will get skin cancer*



SPF 15-30

SPF 15 blocks about 94% of UVB Rays
SPF 30 blocks about 97% of UVB Rays
Note that there is no 100% protection

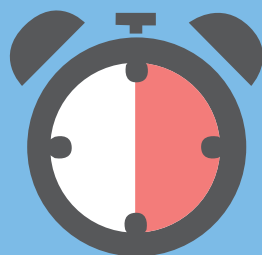
BROAD SPECTRUM

This means the sunscreen protects the skin from UVA and UVB rays - both of which can be cancer causing.

WATER RESISTANT

Important to look for if you are out swimming or sweating. Reapply after the time listed on the bottle.

HOW OFTEN?



Apply 30 minutes before sun exposure. Reapply the same amount every 2 hours - if you're in the water or sweating, reapply more often.

HOW MUCH?



1 oz. each time you apply sunscreen - about the size of a shot glass. During a long day outside, a person should use about one quarter to one half of an 8 oz bottle.

at University Health Services

See a Dermatologist or your Primary Care Provider

They can screen for skin cancer and answer any questions you have

Make an appointment today: 850.644.4567

*American Academy of Dermatology