

Sunsmart Snippet

How does sunscreen work?

When we protect our skin by applying sunscreen correctly, we reduce our risk of skin cancer.



Sunscreen reduces the amount of UV radiation reaching your skin by providing a barrier to absorb or filter UV rays away from you skin. This prevents damage to the cells below.

When UV levels are 3 or above, sunscreen should always be used with other forms of sun protections such as clothing, hats and shade.

