

## **SUNSCREENS/SUNBLOCKS**

Sun protection at any age is important to prevent the short-term as well as long-term damaging effects of sunlight. Sunscreen plays a major part and should be used in conjunction with other sun-safety steps for optimal sun protection.

A single overexposure to sunlight can result in painful, red, sunburned skin. A bad burn when young can have serious consequences such as skin cancer later in life. Long-term overexposure can cause skin cancer, wrinkles, freckles, age spots, dilated blood vessels, and changes in the texture of the skin that make skin look older.

[Read more about sunscreens on the AAD website.](#)