Everyone needs sun protection. The American Academy of Dermatology (AAD) recommends that all kids wear sunscreen with an SPF of 30 or higher. Consistently wearing sunscreen with SPF 30 or greater and limiting your sun exposure will reduce your risk of skin damage.

For sunscreen to do its job, it must be used correctly. Be sure to:

- Apply sunscreen whenever you are in the sun. For best results, apply sunscreen about 15 to 30 minutes before going outside.
- Make sure you don’t forget to apply sunscreen on your ears, hands, feet, shoulders, and behind the neck.
- Reapply sunscreen often, about every 2 hours. Apply a water-resistant sunscreen if you will be around water or swimming. Water reflects and intensifies the sun’s rays, so you will need protection that lasts. Water-resistant sunscreens may last up to 80 minutes in the water, and some are also sweat-resistant.

So whether you are out on the mound or sitting in the stands watching a game, make sure you are wearing sunscreen.