

Reef Safe Sunscreen: What, Why, How



What is reef safe sunscreen?

- ★ Reef safe sunscreen is sunscreen that does not have certain ingredients that harm coral reefs and other ocean life.
- ★ Wearing sunscreen is important, especially at the beach! The sun's rays are particularly strong when they are reflected off of the sand. Wearing sunscreen prevents burns and skin cancer. Experts recommend using at least **SPF 50** at the beach.



Learn more:



Why should I use it?

- ★ Every time people go into the ocean with sunscreen on, some of it washes off into the water.
- ★ Some chemicals in sunscreen can harm animals and life in the ocean.
- ★ Chemicals in sunscreen also end up in the seafood we eat.
- ★ Using reef safe sunscreen is the best way to protect yourself and our oceans.



Where and how can I find it?

- ★ The **best ingredient** to look for in your sunscreen is **zinc oxide**. Also make sure that you buy a sunscreen with **good water resistance** that protects against **UVA and UVB** rays.
- ★ **Avoid** sunscreens that contain **parabens, oxybenzone, or octinoxate**. These ingredients are easily absorbed by humans and ocean life with harmful side effects.
- ★ There's no official standard for what qualifies as "reef safe," so check the ingredient labels instead of relying on flashy stickers