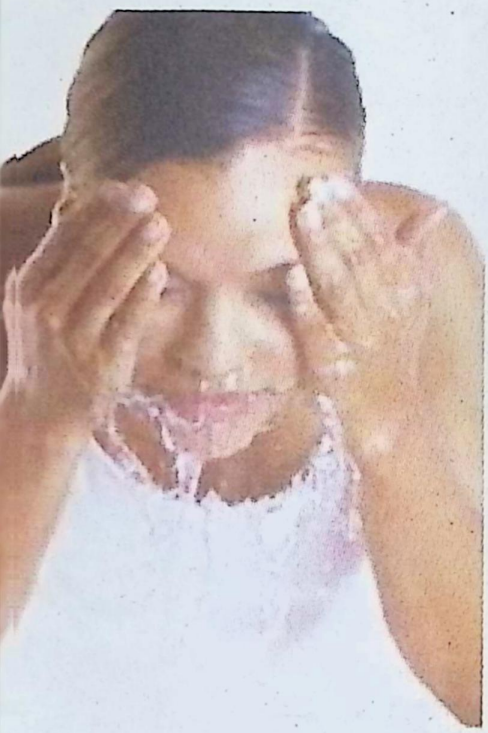


the product and don't forget that it caused a reaction. You don't want to use it again or buy a product with the same active ingredient.

To test a new product, place a tiny bit of it on the inside of your wrist or arm. Watch for any redness or irritation over the next 24 hours. If your skin becomes red or irritated, don't use the product. Sometimes, your skin is fine with a new product the first time, or few times, you use it, but then your skin gets red or irritated later on. You'll want to stop using the product whenever redness or irritation occurs.

Screening Your Skin From Damage

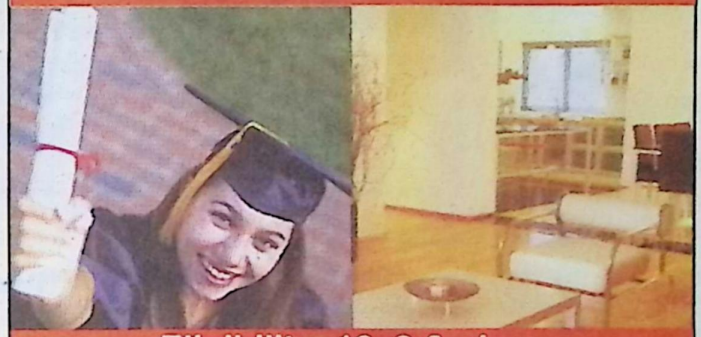
There is one product that everyone needs: sunscreen. Even if your skin is naturally dark, you still need to use a sunscreen. Protecting your skin from the sun prevents sunburn, which hurts and is a kind of skin damage. Sunscreen also can help prevent wrinkles when you get older and can decrease the risk of skin cancer, which is caused by exposure to the sun's harmful rays.

Choose a sunscreen with a sun protection factor (SPF) of 30 or 45, and apply it evenly. Try not to miss any spots, such as your neck or the middle of your back. Have a friend or your parent help you with the hard-to-reach spots. Follow the directions on the sunscreen, which often recommend reapplying it, especially after swimming or sweating.

Because sunscreen cannot protect your skin completely from the sun, it's also a good idea to wear a brimmed hat and use a lip balm containing sunscreen. If you need more protection from the sun, wear long sleeves and pants. Also, avoid the sun between 10 AM and 2 PM.

Source: www.kidshealth.org

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