



SUNBLOCK: Protect Your Skin & Our Water

WHY IT MATTERS

What you put on your skin doesn't just stay on your skin.

Sunscreen ingredients are absorbed into your bloodstream and wash off into our oceans, rivers, and storm drains – impacting marine life and potentially disrupting human hormones.

Choosing safer sun protection protects:

- Your skin
- Your hormones
- Marine ecosystems
- Our local waterways

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INGREDIENTS TO AVOID

These common chemical UV filters have raised concerns for hormone disruption and coral reef damage:

- Oxybenzone
- Octinoxate
- Octocrylene
- Homosalate
- Avobenzone

Oxybenzone and octinoxate are banned in places like Hawaii due to reef damage concerns.

Many of these ingredients have been shown to absorb into the bloodstream after a single day of use.

WHAT TO LOOK FOR

Choose mineral (physical) sunscreen with:

- Non-nano Zinc Oxide
- Non-nano Titanium Dioxide

These sit on top of the skin and reflect UV rays rather than absorbing into the body.

Look for:

- “Broad Spectrum” (protects from UVA + UVB)
- SPF 30 or higher
- Reef-safe (but always double-check ingredients!)

IMPACT ON HUMANS

Your skin is your largest organ — and it absorbs more than we once thought.

Studies show that certain chemical sunscreen ingredients can enter the bloodstream after just one day of use. Some have been linked to:

- Hormone disruption
- Thyroid interference
- Increased skin sensitivity
- Allergic reactions
- Potential bioaccumulation with repeated use

Spray sunscreens may also increase inhalation exposure — especially for children. Choosing mineral-based protection reduces unnecessary chemical load while still protecting against harmful UV damage.

Protection shouldn't come with added toxic burden.



IMPACT ON THE PLANET

Every time we swim, shower, or rinse off sunscreen, those ingredients enter our waterways.

Chemical UV filters have been shown to:

- Contribute to coral bleaching
- Disrupt marine reproduction and development
- Bioaccumulate in fish
- Persist in coastal ecosystems

Because of reef damage concerns, ingredients like oxybenzone and octinoxate are banned in places like Hawaii.

Even inland communities impact the ocean — storm drains and rivers eventually lead to coastal waters. What we wash off our bodies doesn't disappear.

THE BIGGER PICTURE

Sunscreen is essential — skin cancer prevention matters.

But we can choose protection that supports both:

- Human health
- Marine life
- Cleaner waterways

Safer sun care is a simple shift with ripple effects.