Every year, an estimated **4,000 to 6,000 TONS** of sunscreen end up on coral reefs. Reef Safe sun protection is good for you and good for our reefs!

1. **CHOOSE PHYSICAL SUNSCREENS**
   - Titanium dioxide & zinc oxide-based sunscreens physically block the sun’s rays, and don’t contain harsh chemicals that harm coral reefs.

2. **AVOID OXYBENZONE**
   - Oxybenzone is a known endocrine disruptor and one of the most toxic chemicals to coral reefs.

3. **READ THE LABEL**
   - Read the ingredients to make sure your sunscreen only contains the active ingredients titanium dioxide and / or zinc oxide, is biodegradable and all natural, and is mineral-based.

4. **DO AWAY WITH SPRAY**
   - Spray sunscreens do not provide adequate skin coverage and there are concerns about inhalation. **Opt for lotions** or sticks instead.

5. **COVER UP**
   - The most 'reef safe' sun protection option is to avoid sunscreen & cover up with **long-sleeves, hats, and rashguards.**