

Derms Answer: Do You Still Have to Wear Sunscreen If You're Staying Inside?

A quick debriefing on our SPF-application schedule.

By **Liz Ritter, Executive Editor** · Mar 19, 2020



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If you're doing social distancing right, chances are, you're spending a lot of time indoors. While the precaution may have completely turned everyone's normal schedule upside down, we had to ask one quick question regarding our standard beauty-product routine: Should we still stick to applying **sunscreen**?

*New York dermatologist **Jody Levine, MD** says yes—and stresses that that recommendation especially applies if you’ve set up your work-from-home situation near a window. “The UV rays of the sun still come in through the glass of a standard window,” she says. “Hence, a broad-spectrum sunscreen should be worn inside as well as outside.”*

“We’re not locked up inside 24-7,” Fort Lauderdale, FL dermatologist Dr. Matthew J. Elias points out. “We should all continue to apply sunscreen; we’re still going to have UV exposure throughout the day.”

Celebrity aesthetician Veronica Barton Schwartz is typically also a fan of sunscreen, sunscreen and more sunscreen (she runs a spa in Malibu and designs all the facials at the Malibu Beach Inn), but says she isn’t totally sold on sticking to the application process when you’re spending time indoors. She does, however, have her sights set on another skin culprit of late.

“I say no, but I am a big proponent of protecting our skin from the blue light emitted from our **iPhones and computer screens**. I retail and use **Revision C+ Complex 30%** (\$160). The company says the MelaPATH technology helps fight free-radical damage caused by the blue light from electronic devices.”