

FIVE WAYS

TO

PREVENT

SKIN CANCER

THIS SUMMER

1.

Avoid direct sunlight between 10am and 2pm.

The sun's rays are strongest during this time.

Seek shade under an umbrella or tree *before* you need relief from the sun.



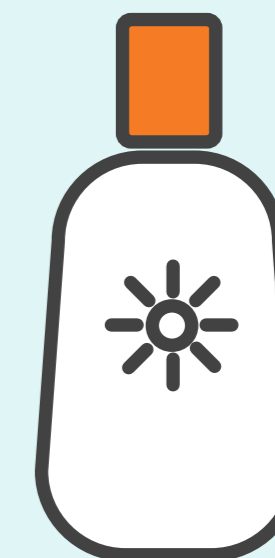
2.

Apply **sunscreen**
with at least SPF 30, every 90 min.

No sunscreen is water-proof, no matter the claim.

Never use on babies <6 months – use an SPF blanket instead.

Always check the expiration date.



3.

Wear hats



with wide brims that cover your ears.

Tightly woven fabrics like canvas work the best.

A darker hat may offer more UV protection.

4.

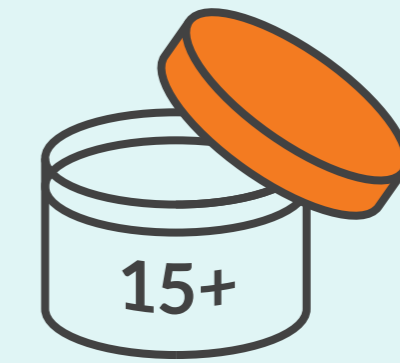
Choose your outfit to protect against UV rays.

Try to wear long-sleeved shirts & long pants/skirts. When this isn't practical, at least wear a t-shirt or a beach cover-up.

Wear sun protective clothing that has an Ultraviolet Protection Factor (UPF).

5.

SPF is essential



in your makeup and moisturizer.

Some moisturizers, makeup, and lip balms contain some of the protective ingredients used in sunscreens.

If your facial products don't have at least SPF 15, don't use them by themselves.