

THE SUNSATIONAL GUIDE TO SMART SUN SAFETY

FUN IN THE SUN 101

If you tan
YBS*

*You'll be sorry.

You don't have to be sunbathing at the beach to get a damaging dose of the sun. The sun's ultraviolet UV rays can harm you 365 days a year—so everyday exposure really adds up! Practice these sun protection basics all year round to give your skin the best chance of long-term health.

Wow!

An estimated 1 in 5 of all Americans will develop skin cancer at some point in their lives.

That's Gross!

Too much sun makes you look old before your time.

Did you know?

Sand, water, snow, ice and other bright surfaces reflect UV and increase your UV exposure by up to 80 percent!

For more info, videos and fun, go to: www.skincancer.org/school

Declare yourself sun-safe with these 6 sun-smart ideas:

1. USE SPF EVERY DAY.

UV rays are strongest during summer, but they can cause damage year-round. Use a sunscreen with an SPF of 15 or higher every day—in every season—no matter what your skin color.



2. SEEK SHADE

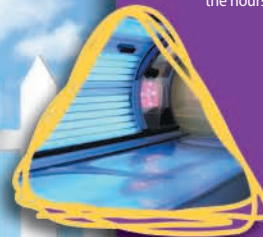
Play it safe in the shade whenever possible and avoid mid-day sun. UV rays are especially strong between the hours of 10AM and 4PM.

3. WEAR SUNGLASSES
Protect your eyes with UV-blocking sunglasses.



4. DON'T USE TANNING BOOTHS

Tanners have a higher risk of developing skin cancer. Indoor tanning equipment emits mainly UVA radiation. UVA, as well as UVB rays may cause malignant melanoma and immune system damage.



5. WEAR A HAT

Make your own shade with a wide-brimmed hat and long-sleeved shirts and pants. Baseball caps and visors shade the face but leave neck, lower face, and ears exposed. A broad-brimmed hat can help prevent skin cancer in those areas.



6. LEARN NOT TO BURN!!

Did you know that just one blistering sunburn in childhood or adolescence more than doubles your risk of developing melanoma (The deadliest form of skin cancer) later in life? Protecting yourself with sunscreen every day may be the smartest thing you can do for yourself!

