

SHIELD YOURSELF WITH SUNSCREEN & PREVENT SKIN CANCER



It's easy to protect yourself from UV rays!

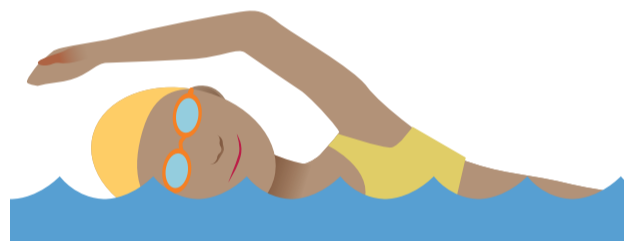
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SHEDDING LIGHT ON SUNSCREEN

BROAD SPECTRUM SUNSCREEN

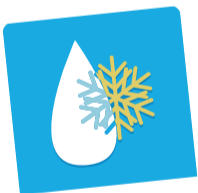
protects you from two harmful types of UV light — UVA and UVB. UVA rays can prematurely age your skin while UVB rays can burn your skin. Too much exposure to either type can cause skin cancer.

SWIMMING OR SWEATING?



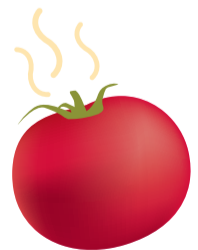
Look for "water resistant" sunscreen and reapply it every 2-3 hours if you are in the pool or playing outdoors.

WATER OR SNOW = MORE UV RAYS

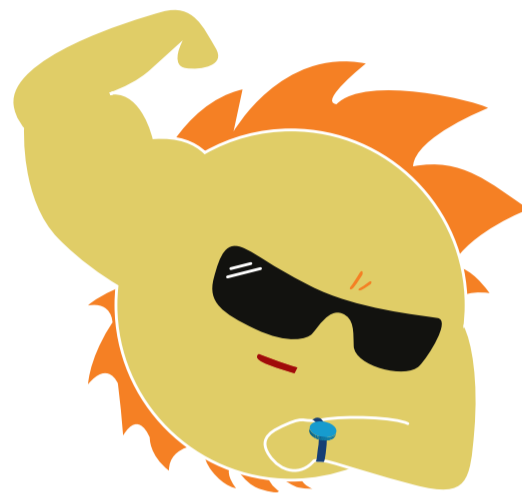


Surfaces like water and snow increases the amount of UV radiation to the skin.

WHAT DOES SPF MEAN?



Sun Protection Factor is an estimate of how well the sunscreen will protect you from becoming a fried tomato. **30+** is best.



THE SUN IS STRONGEST BETWEEN 10AM AND 4PM



PROTECTIVE CLOTHING

Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.

COVER UP BECAUSE CANCER IS NO JOKE

WHAT IS MELANOMA?

Melanoma is the most dangerous type of skin cancer. Indicators include a change in shape or color to an existing mole or a new lump on the skin that looks unusual.

75,000 NEW CASES of melanoma are expected in 2013.

MORE CASES EVERY YEAR



For the last 30 years, the rate of occurrence for melanoma has risen.

CHECK YOURSELF MONTHLY



Anything new or different about your skin? Look for a change in the size, shape, color, or elevation of an existing mole or if it looks different from other moles, feels itchy, hard, bumpy, swollen, or tender to the touch.

VISIT A DERMATOLOGIST

If you see any unusual skin changes, be sure to visit your dermatologist.

PROS: Convenient & quick!

CONS: Hard to see
Easily wasted
More expensive

**SPRAY
VS.
LOTION**

PROS: Easy to see
Lasts longer
Less expensive

CONS: Takes longer to dry