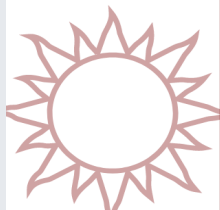


Summer Sun Safety

Skin Cancer, by the Numbers

With summer just around the corner and temperatures rising, many of us will be venturing outdoors for fun in the sun... but too much ultraviolet (UV) radiation exposure can cause damaging effects on skin. **Skin cancer is the most common form of cancer** in the United States, with **one in five Americans** developing it in their lifetime. Unprotected skin can be damaged by the sun's UV rays in as little as **15 minutes**. However, skin cancer is also one of the **most preventable cancers**. A few simple precautions can lower your risk of developing skin cancer.

5 TIPS for Summer SUN SAFETY



APPLY SUNSCREEN

Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside.



Be sure to reapply every two hours.

SEEK SHADE

Staying in the shade under an umbrella, tree, or other shelter when the sun is at its strongest can reduce your risk for sun damage.



UV exposure is highest between 10am and 4pm.

WEAR A HAT

Wearing a hat that has a brim all the way around that shades your face, ears, and the back of your neck provides the most protection.



Avoid straw hats with holes that let sunlight through.

PROTECT YOUR EYES

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.



Sunglasses that block both UVA and UVB rays offer the best protection.

COVER UP YOUR SKIN

No sunscreen offers 100% protection, so cover up with loose, close weave clothing such as cotton when possible.



For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) label.

SOURCES: CDC, Cancer.Org, American Academy of Dermatology