

Important Sun Safety Tips

Protect yourself by practicing the following sun safe behaviors:

- **Generously apply sunscreen** with SPF of at least 15 which provides broad-spectrum protection from both UVA and UVB rays. Re-apply at least every two hours and after swimming or sweating.
- **Wear protective clothing** such as long-sleeved shirts, pants, a wide-brimmed hat and sunglasses with UV protection.
- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 4 p.m.
- **Avoid tanning beds.** UV light from tanning beds can lead to skin cancer and wrinkling. Consider using a sunless self-tanning product instead.
- **Use extra caution near water, snow and sand** as they reflect the damaging UV rays, increasing your chance of sunburn.
- **Check UV, heat, and air quality indexes**
- **Drink plenty of water**
- **Remember to practice sun safety every day, all year long!**



Sun Safety Alliance

The Sun Safety Alliance, Inc. (SSA) is a not-for-profit organization dedicated to reducing the incidence of skin cancer in America.

The SSA is managed by the Entertainment Industries Council, Inc. (EIC), a not-for-profit organization that brings the power of the entertainment industry to bear on important health and social issues.



For more information please visit:
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Block the Sun, Not the Fun!

*Dedicated to
reducing the
incidence of
skin cancer*

www.sunsafetyalliance.org

The Bare Facts:

- More than one million new cases of skin cancer will be diagnosed in the United States this year.
- One in five Americans are estimated to develop skin cancer in their lifetime.
- One American dies of melanoma almost every hour.
- Basal cell and squamous cell carcinomas are the two most common forms of skin cancer, but are easily treated if detected early.
- UV rays can cause premature aging of the skin and skin cancer.



Who is at Risk?

Skin Cancer can affect everyone.

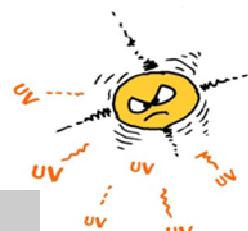
Although people with fair complexions may be at greater risk for skin cancer,

people of all races and ethnicities are susceptible.

Overexposure to UV radiation affects people of all ethnic and racial groups in the form of skin cancer, cataracts and other eye damage, premature aging and wrinkling of the skin.

Risk Factors for Skin Cancer:

- Exposure to UV radiation from the sun or tanning beds is related to your risk of developing skin cancer. *Remember: UV radiation affects everyone and is present even on cold or cloudy days!*
- A family history of skin cancer.
- Personal history of one or more skin cancers.
- Multiple or atypical moles.
- Severe childhood sunburns.
- A fair complexion that burns easily.



Symptoms

The good news is that skin cancer can be cured if found and treated early! Here are some visible warning signs you should be on the lookout for:

- A. Asymmetry**—One half unlike the other half.
- B. Border**—Irregular, scalloped, or poorly defined.
- C. Color**—varied from one area to another in the same mole; shades of tan and brown, black, and sometimes white, red or blue.
- D. Diameter**—larger than 6mm (larger than a pencil eraser).
- E. Elevation**—the mole is raised above the surface and has an uneven surface.



KNOW YOUR ABCDE'S FOR SKIN CANCER DETECTION!