



SUN PROTECTION MESSAGES

Don't Fry Day



1. Do Not Burn or Tan

- Avoid intentional tanning.
- Avoid tanning beds.

Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling.



2. Seek Shade

- When sun's rays are the strongest between 10 a.m. and 4 p.m.



3. Wear Protective Clothing

- Long-sleeved shirt and pants.
- A wide-brimmed hat and sunglasses.



4. Generously Apply Sunscreen

- Use a broad spectrum sunscreen with Sun Protection Factor (SPF) 30 or higher for protection from ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- Apply 15 minutes before going outdoors and reapply every two hours.



5. Use Extra Caution Near Water, Snow, and Sand

- These surfaces reflect the damaging rays of the sun, which can increase your chance of sunburn.



6. Get Vitamin D Safely

- Through a healthy diet.
- Take vitamin supplements.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing spot should be evaluated.