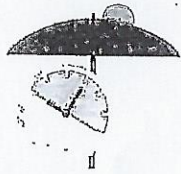
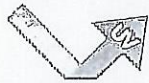


PROTECT YOUR FAMILY AND YOURSELF FROM SKIN CANCER

STAY SUN SAFE OUTDOORS



Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.



Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.



Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.



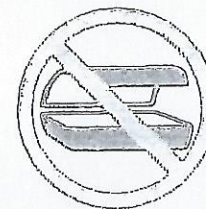
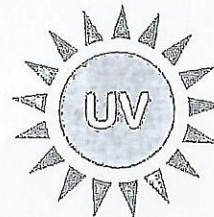
Damage from exposure to UV rays builds up over time, so sun protection should start at an early age.



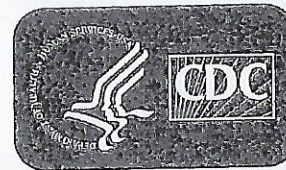
Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.



Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.



Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

