

# It's Your Skin. Wear It Well!

## *Be Sun Safe!*

### It's not just a beach thing!

Sun exposure adds up day after day. It happens whenever you're outdoors: gardening, sailing, skiing, fishing, hiking, and simply walking to and from the car. Sunlight reflects off water, sand, concrete, boat decks, and snow. It also reaches below the water's surface. Ultraviolet (UV) rays are present even on cloudy days.

Everyone is at risk for **skin cancer**, whatever their skin color. Everyone needs to protect themselves from the sun. Listed on the back of this card are actions you can take to reduce your risk of skin cancer.



## *Slip! Slop! Slap!*<sup>®</sup>

- **Slip on a shirt.** Choose shirts and pants to protect as much skin as possible.
- **Slop on sunscreen.** Choose a sunscreen with a Sun Protection Factor (SPF) of 15 or higher.
- **Slap on a hat.** Choose a hat that shades the face, neck, and ears.
- **Wrap on sunglasses.** Protect your eyes from UV rays.
- **Limit sun exposure.** Stay out of the sun between 10 a.m. and 4 p.m. when the UV rays are strongest.

*Caution: Sunlamps and tanning booths are just as harmful to your skin as the sun.*

*Some prescription drugs can greatly increase your skin's sensitivity to UV rays. Check with your pharmacist.*

### **Parents: Take Note!**

Avoiding sunburn during childhood and adolescence is very important in reducing the risk of skin cancer later in life.

Sunscreen is not recommended for children less than six months old. Keep infants in the shade and protect them with clothing.

1.800.AC5.2345  
[www.cancer.org](http://www.cancer.org)

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